

Section 2: Health History & Lab Results



In this section:

- Patient Medical History
- Lab Results
- Medical Term Glossary

How to use this section:

- Complete the Patient Medical History form and keep it in the binder.
- Use this information when visiting a new doctor or if a caregiver must take the patient to the Emergency Department.
- Print Lab Results from health care providers and keep them here.
- Keep vaccination records here. These might include flu, pneumonia, or shingles vaccinations.

Notes:

Patient Medical History



Name: _____ Date of Birth: _____

Address: _____

Allergies (medication, food, environment): _____

Current Medical Condition: (pacemaker, diabetes, etc.): _____

Smoker: Yes No How long: _____ Quit date: _____

Primary Care Physician: _____

Address: _____ Phone: _____

_____ Fax: _____

Family Members and/or Primary Caregivers to Contact in Case of Emergency:

Name and Relationship	Phone Number(s)

List of Surgeries or Procedures	Physician	Hospital/Clinic	Date	Complications?

Immunizations: *Check or date all that apply*

Tetanus, diphtheria, pertussis (Td/Tdap) _____ Varicella (chicken pox) _____
Zoster (shingles) _____ Human papillomavirus (HPV) _____ Influenza _____
Measles, mumps, rubella (MMR) _____ Meningococcal (meningitis) _____
Pneumococcal (pneumonia) _____ Hepatitis A _____ Hepatitis B _____ Hepatitis C _____

Preventative Screenings: *Check or date all that apply*

A1C / Blood sugar _____ Cholesterol _____ Colonoscopy/colon cancer _____
Mammogram _____ Pap Smear _____ Bone density _____
Prostate screening _____ PSA _____ Testicular cancer _____
Eye Exam _____ Dental Exam _____ Hearing test _____

Family History: *List any diseases, cancer, diabetes, high blood pressure, etc.*

Relative	Sex	Age	Death	Conditions
Mother				
Father				
Sibling 1				
Sibling 2				
Sibling 3				
Sibling 4				

Check all that apply:

A history of:

- | | | |
|---|---|--|
| <ul style="list-style-type: none">☐ Alcohol use _____
drinks per day☐ Autoimmune diseases☐ Asthma☐ Bleeding disorders☐ Blood clots☐ Bronchitis☐ Cancer (type) _____☐ Chronic cough☐ Congestive heart failure☐ COPD☐ Depression☐ Diabetes☐ Emphysema☐ Headaches | <ul style="list-style-type: none">☐ Heart Attack☐ Hepatitis (type) _____☐ Hernia☐ High Blood Pressure
(Hypertension)☐ Illicit drug use (type) _____☐ Immuno-compromising
condition☐ Lupus☐ Mitral valve prolapse
(heart murmur)☐ Osteoporosis or
Osteopenia☐ Rheumatoid arthritis☐ Seizures☐ Shortness of breath | <ul style="list-style-type: none">☐ Stroke☐ Thyroid disease☐ Tuberculosis |
|---|---|--|

Allergies or Adverse Reactions:

- ☐ Adhesive tape
- ☐ Anesthesia
- ☐ Antibiotics
- ☐ Aspirin
- ☐ Codeine
- ☐ Demerol
- ☐ Iodine
- ☐ Latex
- ☐ Morphine
- ☐ Penicillin
- ☐ Stitches material
- ☐ Valium

Medical Term Glossary

Abdominal Fat pad aspirate- a procedure that involves removing a small amount of fat from the abdominal wall using a needle

Alkaline Phosphatase- an enzyme that is present in all tissues and in high concentration in the bone, kidneys, intestines, biliary ducts, and teeth. If elevated, it is a possible indicator of possible liver involvement with amyloid

Amyloid- a protein that can clump together to form deposits in the body's organs and tissues

Amyloidogenic- producing or having the tendency to produce amyloid deposits

Antibodies (Antibody [AB])- an immunoglobulin produced by lymphocytes in response to bacteria, viruses or other antigenic substances; protein

Arrhythmia- any deviation from a normal pattern of heartbeat

Aspirate- the act of withdrawing the fluid, tissue, or other substance through a needle

Atrial fibrillation (AFib)- a cardiac arrhythmia characterized by disorganized electrical activity in the atria accompanied by an irregular ventricular response that is usually rapid

Autonomic neuropathy- a group of symptoms that occur when there is damage to the peripheral nerves that manage everyday body functions (i.e., blood pressure, heart rate, sweating, etc.)

Autosomal- pertaining to any condition transmitted by an autosome

Autosomal dominant- a pattern of inheritance that occurs when a genetic trait or condition is passed down from a parent to a child through a mutated gene on a non-sex chromosome

Biopsy- the removal of a small piece of tissue or cells for microscopic examination to confirm or establish a diagnosis, estimate prognosis, or follow the course of a disease

Bone marrow- the soft, organic, sponge-like material in the cavities of the bone

B-Type Natriuretic peptide (BNP)- a hormone secreted by the heart to regulate blood pressure and fluid balance

Cachexia- general ill health and malnutrition, marked by weakness and emaciation; usually associated with disease

Calcium channel blocker- a class of drugs that prevent calcium from entering heart and blood vessel muscle cells, thus relaxing blood vessels, making it easier for blood to flow

Cardiomyopathy- a chronic disease that affects the heart muscle, making it difficult for the heart to pump blood

Carpal tunnel syndrome- a common painful disorder of the wrist and hand, caused by compression on the median nerve

Carrier- one who harbors and can potentially spread an organism that causes disease in others but does not become ill themselves

Concentric hypertrophy- a condition where the walls of an organ thicken, but the organ's overall size doesn't increase

Congo red stain- a direct diazo dye used for staining amyloid in tissue sections

Cotton-wool Inclusion- a white, fluffy-appearing lesion observed on the retina of the eye in patients with certain systemic conditions

Deoxyribonucleic acid (DNA)- a molecule that contains genetic information for an organism's development and function

Deoxyribonucleic acid sequencing (DNA sequencing)- the general laboratory technique for determining the exact sequence of nucleotides, or bases, in a DNA molecule. The sequence of the bases (often referred to by the first letters of their chemical names: A, T, C, and G) encodes the biological information that cells use to develop and operate

Diastole (Diastolic)- the heartbeat phase when the heart muscle relaxes and allows the chambers to fill with blood

Diastolic dysfunction- a condition that occurs when the heart's ventricles are stiff and can't relax properly

Differential diagnosis- a list of possible conditions that could be causing a patient's symptoms

Diuretic- a medication that increases urine production by the kidneys

Dysphagia- difficulty swallowing

Dysphonia- any abnormality in the speaking voice such as hoarseness

Dyspnea- also known as shortness of breath, is the feeling of not being able to breathe well

Echocardiogram- a noninvasive ultrasound that creates a moving picture of the heart

Edema- swelling; abnormal accumulation of fluid in tissues

Ejection fraction (EF)- measured as a percentage of the total amount of blood in your heart that is pumped out with each heartbeat

Electrocardiography (ECG, EKG)- a noninvasive test that measures the electrical activity of the heart

Endemic- regularly occurring within an area or community

Endocrine system- a network of glands that produce hormones that regulate the body's functions

Endomyocardial biopsy (EMB)- a minimally invasive procedure that involves removing a small sample of heart muscle for examination

Etiology- the study of all factors that may be involved in the development or cause of a disease

Extracellular- occurring outside of a cell or cell tissue; occurring in spaces between cell layers or groups of cells

Familial Mediterranean Fever (FMF)- is a rare genetic disorder that causes recurring inflammation and fevers

Familial- a condition or trait that occurs more often in a family than in the general population

Fat pad- a mass of closely packed fat cells surrounded by fibrous tissue septa

Fibril- a small fiber that often is a component of a cell

Free light-chain (FLC's)- proteins found in the blood that are not attached to heavy chains. They are produced by plasma cells, a type of white blood cell

Genetic mutation (variant)- a permanent change in a cell's DNA sequence

Genotype (Genotyping)- the genetic makeup of an organism, or the specific sequence of DNA that determines an organism's characteristics

Glaucoma- a chronic eye disease that damages the optic nerve, which can lead to vision loss and blindness

Heart failure- a chronic condition that occurs when the heart can't pump enough blood and oxygen to the body

Hematology (Hematological)- the study of blood and blood disorders

Hemorrhage- a loss of a large amount of blood in a short period, either externally or internally

Hepatomegaly- an enlarged liver

Hereditary- also called inheritance or biological inheritance, is the passing on of traits from parents to their offspring

Hypertrophy- an increase in the size of an organ caused by an increase in the size of the cells rather than the number of cells

Hypesthesia- a neurological condition that causes a reduced sense of touch, vibration, or other sensory stimuli

Hypotension- also known as low blood pressure, is a condition in which the force of circulating blood is abnormally low

Immunoglobulin- Y-shaped proteins that help the body fight infection. They are also known as antibodies

Immunohistochemistry (Immunohistochemical)- the process of detecting antigens (e.g. proteins) in cells of a tissue section. Immunohistochemical staining is widely used in the diagnosis of abnormal cells

Inflammatory bowel disease (IBD)- a chronic, episodic, inflammatory disease of the large intestine and rectum

Lesion- a region in an organ or tissue that has suffered damage through injury or disease, such as a wound, ulcer, abscess, or tumor.

Light-chain (L chain)- a protein subunit of an antibody that helps the immune system fight off bacteria and viruses. Light chains are produced by plasma cells, a type of white blood cell

Local (localized)- about a small area of the body (one organ or one tissue)

Macroglossia- a rare condition where a person's tongue is larger than normal

Malabsorption- a digestive condition that occurs when the body has trouble absorbing nutrients from food

Monoclonal- relating to or derived from a single cell

Monomer- a small molecule or atom that bonds with other monomers to form a polymer

Motor neuropathy- a type of neuropathy that affects motor nerves, which carry impulses from the brain to the muscles

Mucosa- the moist, inner lining of some organs and body cavities (the nose, mouth, lungs, and stomach). Glands in the mucosa make mucus (a thick, slippery fluid). Also called mucous membrane.

Multiple myeloma- a cancer that affects the plasma cells in the bone marrow

Multisystemic- pertaining to or affecting more than one system or organ of the body

Mutation- an unusual change in a gene occurring spontaneously or by induction

Myelinated- having a myelin sheath; a covering of nerve fibers

Myocardial echogenicity- the ability to bounce an echo on ultrasound, reflecting increased sound waves that show inflammation of the myocardium

Myocardium- the muscular tissue of the heart

Nail dystrophy- a condition that causes abnormal changes to the shape, color, texture, or growth of your nails

Neoplasm- an abnormal growth of tissue that can be benign (noncancerous) or malignant (cancerous)

Nephrotic Syndrome- a kidney disorder that causes the body to leak too much protein into the urine

Neuropathy- inflammation or degeneration of the peripheral nerves

Nodule-a small rounded mass

Oliguria- decreased urine output; diminished capacity to form and pass urine

Orthostatic hypotension- abnormally low blood pressure that occurs suddenly upon standing

Orthotopic Liver Transplant-a surgical procedure that replaces a patient's diseased liver with a healthy liver from a donor

Osteomyelitis- an infection of bone and bone marrow, usually caused by bacteria introduced by trauma or surgery, by direct extension of a nearby infection, or via the bloodstream

Papules- a small, solid, raised skin lesion less than 1 cm in diameter

Paresthesia- an abnormal feeling in the skin that feels like tingling, burning, itching, or prickling. It's also known as "pins and needles"

Penetrance- the percentage of people with a specific genetic variant who develop the associated trait or condition

Peptide- a compound with two or more amino acids linked in a chain (peptide bonds)

Pericardial effusion- a condition where too much fluid builds up around the heart

Periorbital purpura- also known as raccoon eyes, bruising around the eyes that can appear dark purple or blue

Peripheral edema- swelling in the extremities, such as the hands, feet, ankles, or legs, caused by fluid buildup in the tissues

Peripheral neuropathy- a condition that occurs when the peripheral nervous system is damaged, making it difficult for nerves to send and receive signals

Petechiae- numerous tiny purple or red spots appearing on the skin as a result of tiny hemorrhages; bleeding into the skin

Phenotype- the complete observable characteristics of an organism or group as determined by the interaction of genetic makeup and environmental factors

Plasma cell- a type of white blood cell found in the bone marrow that produces antibodies to fight infection

Pleural effusion- a condition where too much fluid builds up in the pleural cavity, the space between the lungs and chest wall

Polyneuropathy- a disease that damages the peripheral nerves, causing weakness, numbness, and pain

Polypeptide- A long chain of amino acids joined by peptide bonds. Very long polypeptides are usually called proteins

Protein- complex molecules that do most of the work in cells. They are important to the structure, function, and regulation of the body

Proteinuria- the presence in the urine of abnormally large quantities of protein, usually albumin

Renal failure- also known as kidney failure, occurs when the kidneys can no longer filter waste from the blood. This can happen suddenly or gradually

Rheumatoid arthritis (RA)- a chronic inflammatory, destructive, and sometimes deforming collagen disease that has an autoimmune component

Ribonucleic acid (RNA)- a molecule found in all living cells that plays a crucial role in protein synthesis by carrying genetic information copied from DNA

RNA interference (RNAi)- a natural process that silences genes by breaking down double-stranded RNA (dsRNA). This process is used in research and drug development to treat diseases and other conditions

Sensorimotor- pertaining to both sensory and motor functions or pathways

Sensory- pertaining to sensation; to part or all of the body's sensory nerve network

Serum amyloid A (SAA)- a protein in the blood that's produced by the liver and associated with inflammation

Serum free light chain (sFLC) assay- a blood test that measures the levels of free light chains in your blood

Shoulder pad sign- a rare symptom of shoulder enlargement caused by amyloid deposition in the periarticular soft tissue. It's a sign of immunoglobulin amyloidosis (AL)

Stem cell transplant (SCT)- a procedure that replaces damaged or unhealthy stem cells with healthy ones. Stem cells are the basic cells in bone marrow that develop into blood cells

Submandibular swelling- Swelling under the jaw which can occur due to a number of possible reasons, including infections, stones, or tumors

Syncope- fainting; a brief lapse in consciousness, preceded by a sensation of lightheadedness

Systemic- pertaining to the whole body

Technetium-99m pyrophosphate scan (99mTc-PYP)- a noninvasive imaging test that uses a radioactive substance to diagnose cardiac amyloidosis

Tetramer- something that is composed of four parts, such as a protein composed of four polypeptide subunits

Transthyretin- a protein that carries thyroxine and retinol (vitamin A) in the blood and cerebrospinal fluid to the liver

Tumor- a new growth of tissue characterized by progressive, uncontrolled proliferation of cells; may be benign or malignant

Unmyelinated- describing a nerve fiber that is not coated with a myelin sheath, which is a fatty lamination of myelin that wraps the axons and nerves in the body

Vitreous- a clear gel-like substance that's located in your eye