



Your Healthcare Records

Protecting Yourself and Your Medical Information

In the new medical culture of electronic medical records, communication between doctors can be enhanced if all your doctors share the same system, or impeded if they don't. Make sure that all your doctors have equal access to your medical records, no matter which system they use.

1. **Get copies of your current medical records**, including lab tests, imaging studies, genetic testing, and biopsy reports.

Electronic records: If you have access to your medical records in digital format, copy the files into a master healthcare folder you set up for this purpose on your personal computer, tablet, smartphone, or cloud storage of your choice.

Paper records: If electronic records are not available, request paper records from your doctors. If there is a charge, pay it. Create digital copies of these records by scanning or photographing them, and save the files in the folder you created for this purpose (*see above*).

2. **Compose a cover letter** for your medical records and save it in your master folder. Include the following:

- Your full name and date of birth.
- Your health insurance information.
- A list of all of your medical conditions.
- A list of all your allergies (e.g., foods, medications, latex).
- The name, specialty, and phone number of each doctor.
- An emergency contact name and phone number.
- The name and phone number of your pharmacy, and a list of all the medications you are currently taking, with the **EXACT DOSE AND SCHEDULE FOR EACH**, including:
 - All prescription medications.
 - All supplements and over-the-counter drugs (e.g., aspirin, vitamins, minerals, antacids, curcumin). These can interact with medications, and your record is **NOT COMPLETE** without this information.

3. **Write a summary of your myeloma history**, and save it in the folder. The summary should include:

- Your diagnosis.
- Date of diagnosis.
- Stage at diagnosis.
- Which CRAB criteria you had at diagnosis (i.e., elevated calcium, kidney dysfunction, anemia, bone disease).
- The results of any genetic tests.
- A list of treatments and supportive therapies you've had, including transplant, kyphoplasty, bisphosphonate therapy, radiation therapy, as well as the dosages and beginning and ending dates of each treatment.
- Any clinical trials in which you've participated.

4. **Write a summary for any other medical condition** for which you're being treated (e.g., high blood pressure, high cholesterol, diabetes, heart disease, any other cancer).

5. **Create a backup of your healthcare folder.** Share it with a reliable person by copying your files onto a USB drive, sending them by email, or using a smartphone app or other file-sharing service.

- Keep your healthcare information within reach at all times. You can even wear a USB drive as a bracelet or attach it to your key chain. Ask each doctor treating you to review and keep a copy of your medical files.
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- Update each copy of your master healthcare folder any time there is a change to your records.

6. **For security reasons, your hospital may not allow USB access to their computer systems, so be prepared to provide a copy of your medical records by other means.**



**INTERNATIONAL
MYELOMA
FOUNDATION**