

My Medical History

My Medical History holds an overview of your medical history that you can print out in a format that will be useful to your medical provider. There are 6 sections of information that you can complete to provide information on your medical history.

- Epilepsy History
- Other Conditions
- Past Medicines
- Medical Tests
- Social History
- Family History

Epilepsy History


Begin by clicking on the **Add new information** button at the bottom right of the page next to the  button with the plus sign.



Figure 23 . My Medical History

Complete the information on the page and then click the **Save** button at the bottom of the page. See Figure 24.

Edit history information:

▶ **Date of birth:** ▶ **Age at First Seizure (approximate if not known exactly):**

▶ **Did you have a febrile (fever) seizure?** ▶ **Age at first febrile seizure:** ▶ **Age at last febrile seizure:**

▶ **What tends to bring on your seizures?**

Check all that apply

<input type="checkbox"/> Alcohol	<input type="checkbox"/> Cold	<input type="checkbox"/> Computer Screen
<input type="checkbox"/> Exercise	<input type="checkbox"/> Flashing lights	<input type="checkbox"/> Foods (write below which)
<input type="checkbox"/> General illness	<input type="checkbox"/> Heat	<input type="checkbox"/> Heavy breathing (hyperventilation)
<input type="checkbox"/> Lowering dose of medicines	<input type="checkbox"/> Medications (write in which)	<input type="checkbox"/> Menstrual cycle
<input type="checkbox"/> Missing meals	<input type="checkbox"/> Missing medications	<input type="checkbox"/> Missing sleep
<input type="checkbox"/> Position changes	<input type="checkbox"/> Recreational drugs (write in which)	<input type="checkbox"/> Stress
<input type="checkbox"/> Sugar	<input type="checkbox"/> TV images	<input type="checkbox"/> Videogames (write in which)
<input type="checkbox"/> Visual patterns (like Venetian blinds)	<input type="checkbox"/> Other (describe)	

▶ **If Other, please specify**

▶ **Other medical conditions:**

Check all that apply


<input type="checkbox"/> Blood disorder	<input type="checkbox"/> Bones, joints, muscles	<input type="checkbox"/> Cardiovascular (Heart/Blood vessels)
<input type="checkbox"/> Decreased sexual interest or function	<input type="checkbox"/> Ears, nose, mouth, throat	<input type="checkbox"/> Eyes
<input type="checkbox"/> Gastrointestinal (Stomach/Intestines)	<input type="checkbox"/> Bladder/Genital	<input type="checkbox"/> Hormone system
<input type="checkbox"/> Lymphatics (glands)	<input type="checkbox"/> Neurologic system	<input type="checkbox"/> Obstetric-gynecologic
<input type="checkbox"/> Psychiatric	<input type="checkbox"/> Respiratory (Lungs/breathing)	<input type="checkbox"/> Skin
<input type="checkbox"/> Other		

▶ **Describe all that you have checked**

Figure 24. Adding basic medical history information.

Other Conditions

How do I add Other Conditions?

1. Select **Other Conditions** from the horizontal list of areas you want to add or edit.
2. Click on **Add new information** at the bottom right of the page next to the  button with the plus sign. See Figure 25.



Disease or Condition	Description	
None		edit
None		edit
Surgeries		
ACL		edit
Maniscus Repair		edit
Allergies		
mold		edit

What describes your mood within the past two weeks?

  Add new information

Figure 25. Adding new information

3. Select a current condition from the drop down menu. This can also include **None** or **Other**.
4. Describe the condition in your own words in the box next to the drop down menu. *This is especially important if you have selected Other from the drop down list.*
5. Enter one of any allergies or medical reactions in the text box.
6. Enter one of any surgeries in the text box.
7. Enter your mood over the last 2 weeks by selecting the button next to the frequency that you feel each way.
8. Click **Save Changes**.

IMPORTANT: Repeat these steps as many times as necessary to enter all conditions, reactions, and surgeries.

Add medical history information: (Fill-in one condition of each at a time and repeat as needed)

<p>▶ Select current condition(s):</p> <input type="text" value="Please select"/>	<p>▶ Describe the condition:</p> <input type="text"/>
<p>▶ Allergies and Bad Medication Reactions</p> <input type="text"/>	<p>▶ Surgeries (list one, then save and repeat if needed)</p> <input type="text"/>

What describes your mood within the past two weeks? (with permission from the Epilepsy Foundation)

▶ Everything is a struggle	<input type="radio"/> Never	<input type="radio"/> Always or often	<input type="radio"/> Sometimes	<input type="radio"/> Rarely
▶ Nothing I do is right	<input type="radio"/> Never	<input type="radio"/> Always or often	<input type="radio"/> Sometimes	<input type="radio"/> Rarely
▶ Feel guilty	<input type="radio"/> Never	<input type="radio"/> Always or often	<input type="radio"/> Sometimes	<input type="radio"/> Rarely
▶ I'd be better off dead	<input type="radio"/> Never	<input type="radio"/> Always or often	<input type="radio"/> Sometimes	<input type="radio"/> Rarely
▶ Frustrated	<input type="radio"/> Never	<input type="radio"/> Always or often	<input type="radio"/> Sometimes	<input type="radio"/> Rarely

Figure 26. Adding Other Conditions to your medical history.

How do I add more conditions?

Just repeat the steps above for adding “Other Conditions.” Each time you repeat the process you add a new condition to your account.

Past Medicines

How do I add a medicine that I no longer take?


1. Click on the **Add a past seizure medicine** link at the bottom of the page next to the  button with the plus sign. See Figure 27.



Figure 27. Adding a seizure medicine you used to take.

2. Select your medicine from the drop-down list.
 - a. If your medicine is not listed, click the checkbox next to **My medicine is not in the list**.
 - b. Then add the name of the medicine in the text box.
3. Enter as much information as you remember about the date you started and stopped taking the medicine.
4. Enter why you stopped taking the medicine also.
5. Click the **Save and repeat as needed** button.

If you have more than one medicine that you want to enter, do steps 1-5 again.

Add past seizure medicine:

▶ Select you past seizure medicine name:

My medicine is not in the list. Medicine name:

▶ Approx. day started (partial date is OK. Leave blank if unknown):

▶ Approx. day ended (partial date is OK. Leave blank if unknown):

▶ Why did you stop taking this medicine?

Figure 28. Adding a past seizure medicine.

How do I add another medicine that I took in the past?

Repeat the steps above for adding a single Past Medicine.

Medical Tests

How do I add medical tests I have had?


4. Go to **About Me > My Medical History** (tab)
5. Click on **Medical Tests**
6. Click on **Add new information** at the bottom of the page next to the  button with the plus sign. See Figure 29.



Figure 29. Add new information to Medical Tests

How do I add Medical Tests that I have taken?

1. Select the type of test you have had from the drop down menu. See Figure 30.
2. Select as much of the date you had the test as you remember.
3. Add the location where the test was performed. You can also enter the type of test here if you selected Other in the drop down menu.
4. Click the **Save and repeat as needed** button.

How do I add more Medical Tests when I have them or that I have already had?

To add more tests just repeat steps 1-4 above.

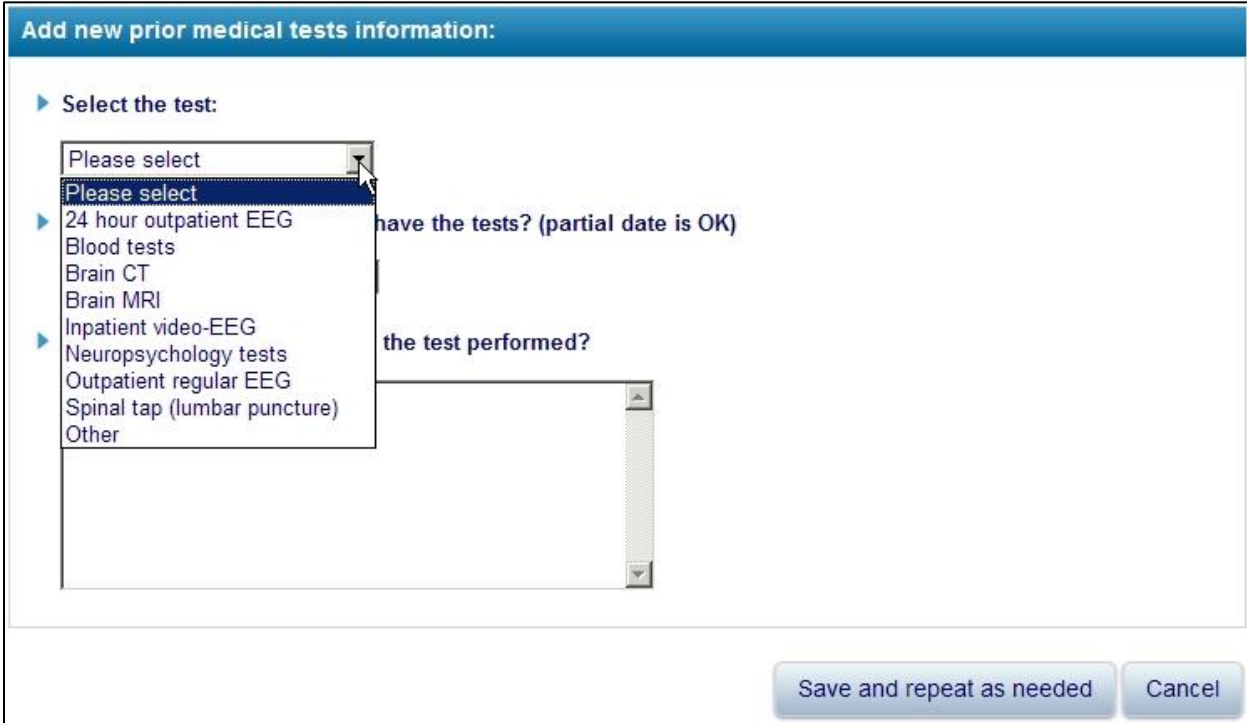


Figure 30. Adding a past medical test to your profile.

Social History

What is Social History? Do I need to add it?

Your social history is the general information about you and your lifestyle. It can be important in identifying causes of seizures and determining if any kind of a change might make a difference in your quality of life. Completing this section to have a record for your doctor is a good idea.

How do I add my Social History?


1. Go to **About Me > My Medical History** (tab)
2. Select **Social History**
3. Look for the item you would like to change. Click on the [Click here](#) text link or **Add new information** at the bottom of the page next to the  button with the plus sign. See Figure 31.



Figure 31. Adding your Social History.

4. Select the items on the page that apply to you. You can change them in the future if your life events change. See Figure 32.
5. Click the **Save** button at the bottom of the page.

Add new history information:

▶ **Gender:** ▶ **Marital status:** ▶ **Education:** ▶ **Hand preference:**

▶ **Employment Status:** ▶ **Your Job:** ▶ **Years of Smoking:**

▶ **Presently Driving:**

▶ **Alcohol**

Check all that apply

None occasional wine or beer Cocktails alcohol on most days
 periodic heavy drinking prior heavy use of alcohol alcohol is linked to seizures Other

▶ **Recreational activities**

Check all that apply

None Bike riding Hang gliding Motor sports Mountain or rock climbing
 Scuba diving Skiing Boating Football Gymnastics
 Hockey Horseback riding Ice skating Running/jogging Skateboarding
 Swimming Walking Weightlifting Yoga Other (describe)

▶ **Describe**

▶ **Describe any injuries from seizures during recreation**

Figure 32. Example of the social history entry page.

I got married, changed the type of job I have, got a degree, or had another life change. How do I enter this in my account?


1. Go to **About Me > My Medical History** (tab)
2. Select **Social History**
3. Look for the item you would like to change. Click on the [edit](#) link to the right of that item OR click on **Add new information** next to the  button with the plus sign at the bottom of the page. See Figure 33.



Figure 33. Social History page with edit links.

4. Make a change to your original entry like in Figure 32.
5. Click the **Save** button at the bottom of the page.

Family History

How do I add my Family History to my account?


1. Go to About Me > My Medical History (tab)
2. Click on Family History
3. Click on the [Click here](#) text link or **Add new information** at the bottom of the page next to the  button with the plus sign. See Figure 34.



Figure 34. Adding Family History

4. Enter the information about your family by selecting from the drop down menus on the page.
5. Click the **Save and repeat as needed** button at the bottom of the page.

How do I enter new information about someone in my family who was just diagnosed with epilepsy?

Repeat steps 1-5 above.