

## Recent Medical Data

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Please provide the following documents / records from your primary care physician or other specialists you have recently visited.

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### 1. **Most Recent Physical Exam**

Your primary care physician should be able to provide this report.

In addition to the physical exam findings, it should include:

- a. height
- b. weight
- c. body mass index (BMI)
- d. blood pressure
- e. resting heart rate

### 2. **Lab Reports**

Both LabCorp and Quest offer online accounts to view and download your test results.

Retrieve test results as far back as relevant; trends over a few years provide helpful insights.

### 3. **Radiology Reports**

- a. mammogram
- b. ultrasounds
- c. CT scans
- d. bone density scans

### 4. **ECGs**

(include any other cardiac test results)

### 5. **Reports from other Consultants**

### 6. **List of Medications**

(be sure to include a comprehensive list where requested in the adult questionnaire)

### 7. **List of all other Over the Counter Supplements**

Due to variability in the OTC supplement market, if possible, provide the complete specifics of the products you are currently taking, or provide brand and product name.

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Please feel encouraged to provide additional data, as it will help in the diagnosis and management of your health condition.