

 THE TEXAS HEART INSTITUTE®

 HOUSTON  
HEARTREACH

[www.texasheart.org](http://www.texasheart.org)



# THE TEXAS HEART INSTITUTE®

CENTER FOR CARDIOVASCULAR CARE



World-renowned physicians and surgeons whose specialties include: general and preventive cardiology, heart valve care, coronary disease, cardiac arrhythmia, women's heart health, heart failure, peripheral vascular disease, aortic aneurysm, & vein care.



Personalized and patient-centered care provided by every physician and staff member.



Access to clinical trials and research studies.



Clinic space designed to enhance the patient experience with state-of-the-art technology.



Diagnostic studies for a vast array of conditions performed in the clinic, including PET-CT, echo, and vascular imaging.

*Call now for an appointment*

**713-790-9401**  
**texasheartmedical.org**

# Personal Information

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First name

MI

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Last name

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Email

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Phone (mobile)

Phone (home)

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Date of birth

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Address

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City

State/Zip

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Weight

Height

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Blood Type

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Allergies/Reactions

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Organ Donor?    \_\_\_ Y    \_\_\_ N

# Emergency Contact

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**(1) Name**

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**Relationship**

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**Phone**

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**City**

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**(2) Name**

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**Relationship**

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**Phone**

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**City**

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**(3) Name**

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**Relationship**

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**Phone**

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**City**

# Insurance

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Provider

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Policy type

Phone

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Medicare #1

#2

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Pharmacy

Phone

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(1) Hospital

Phone

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(2) Hospital

Phone

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(3) Hospital

Phone

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## Medical History

### MODIFIABLE RISK FACTORS:

Smoking

Overweight (BMI>25)

High cholesterol

Being physically inactive

High blood pressure

Diabetes  
(Serum glucose>126mg/dL)

# Surgical History

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**(1) Procedure**

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**Surgeon's Name**

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**Date**

**Telephone**

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**(2) Procedure**

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**Surgeon's Name**

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**Date**

**Telephone**

---

**(3) Procedure**

---

**Surgeon's Name**

---

**Date**

**Telephone**

---

**(4) Procedure**

---

**Surgeon's Name**

---

**Date**

**Telephone**

# Physicians

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**(1) Name**

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**Phone**

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**Specialty**

---

**(2) Name**

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**Phone**

---

**Specialty**

---

**(3) Name**

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**Phone**

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**Specialty**

---

**(4) Name**

---

**Phone**

---

**Specialty**

# Medication Keeper

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## (1) MEDICATION

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Pharmacy

Phone

---

Address

---

Start/Stop Date

Dosage

---

Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

---

Doctor

Special Instruction

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## (2) MEDICATION

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Pharmacy

Phone

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Address

---

Start/Stop Date

Dosage

---

Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

---

Doctor

Special Instruction



# Medication Keeper

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## (3) MEDICATION

---

Pharmacy

Phone

---

Address

---

Start/Stop Date

Dosage

---

Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

---

Doctor

Special Instruction

---

## (4) MEDICATION

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Pharmacy

Phone

---

Address

---

Start/Stop Date

Dosage

---

Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

---

Doctor

Special Instruction

# Medication Keeper

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## (5) MEDICATION

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Pharmacy

Phone

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Address

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Start/Stop Date

Dosage

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Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

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Doctor

Special Instruction

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## (6) MEDICATION

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Pharmacy

Phone

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Address

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Start/Stop Date

Dosage

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Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

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Doctor

Special Instruction

# Medication Keeper

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## (7) MEDICATION

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Pharmacy

Phone

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Address

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Start/Stop Date

Dosage

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Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

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Doctor

Special Instruction

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## (8) MEDICATION

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Pharmacy

Phone

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Address

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Start/Stop Date

Dosage

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Time to Take

Prescription Refill #

Refill Left   9   8   7   6   5   4   3   2   1

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Doctor

Special Instruction

# Blood Pressure (BP)

Systolic

Diastolic

Blood Pressure Category	Systolic (top #)		Diastolic (bottom #)
Normal	Less than 120	AND	Less than 80
Elevated Blood Pressure	120-129	AND	Less than 80
Hypertension Stage 1	130-139	OR	80-90
Hypertension Stage 2	140 or higher	OR	90 or higher
<b>HYPERTENSIVE CRISIS Call Doctor IMMEDIATELY</b>	Higher than 180	AND/ OR	Higher than 120

# Blood Pressure Keeper

BLOOD PRESSURE (BP) KEEPER				
Date	Time		Systolic (top #) / Diastolic (bottom #)	Comments
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	

# Blood Pressure Keeper

BLOOD PRESSURE (BP) KEEPER				
Date	Time		Systolic (top #) / Diastolic (bottom #)	Comments
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
		AM PM	____ / ____	
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		AM PM	____ / ____	

# Blood Pressure Keeper

BLOOD PRESSURE (BP) KEEPER				
Date	Time		Systolic (top #) / Diastolic (bottom #)	Comments
		AM PM	____ / ____	
		AM PM	____ / ____	
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		AM PM	____ / ____	

# Blood Sugar Keeper

Date	Time	Blood Glucose	Notes



# Blood Sugar Keeper

Date	Time	Blood Glucose	Notes

# Blood Sugar Keeper

Date	Time	Blood Glucose	Notes

# Weight Keeper

BMI:  $\frac{703 \times \text{weight}}{\text{height} \times \text{height}}$  = \_\_\_\_\_

**Underweight:** <18.5 | **Normal:** 18.5-24.9 | **Overweight:** 25.0-29.9 | **Obese:** ≥30.0

Weight Goal	Date	Weight	Date	Weight

Calculate Your BMI at [TexasHeart.org/calculate-my-BMI](https://www.texasheart.org/health-info/heart-disease/obesity/calculate-my-bmi)

# Cholesterol Keeper

CHOLESTEROL			
Total Cholesterol	HDL	LDL	Triglycerides
Desirable: <200 mg/dL	High risk: <40 mg/dL (men), <50 mg/dL (women)	Optimal: <100 mg/dL	Normal: <150 mg/dL
Borderline high: 200-239 mg/dL	Normal: 40-50 mg/dL (men), 50-60 mg/dL (women)	Near optimal: 100-129 mg/dL	Borderline high: 150 - 199 mg/dL
High: ≥240 mg/dL	Optimal: >50 mg/dL (men), >60 mg/dL (women)	Borderline high: 130 -159 mg/dL	High: ≥200 mg/dL
		High: 160-189 mg/dL	
		Very high: ≥190 mg/dL	

CHOLESTEROL KEEPER				
Date	Total Cholesterol	HDL	LDL	Triglycerides

# Medical Appointments

MEDICAL APPOINTMENTS							
DATE	TIME	DOCTOR	SPECIALTY	PHONE	CONFIRMED	NOTES	

# Medical Appointments

MEDICAL APPOINTMENTS							
DATE	TIME	DOCTOR	SPECIALTY	PHONE	CONFIRMED	NOTES	

# Notes

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# Straight Talk

from Dr. Stephanie Coulter

Center for Women's Heart & Vascular Health

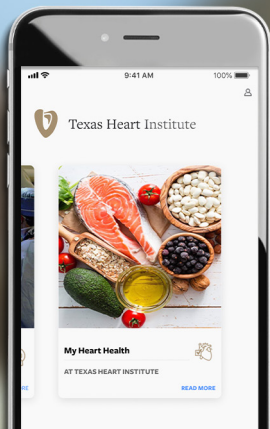
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*The Texas Heart Institute's Center for Women's Heart & Vascular Health publishes a newsletter by Dr. Stephanie Coulter that addresses current topics related to heart disease in women and aims to separate fact from fiction. Each issue of the e-newsletter contains valuable information you can use to prevent, understand and treat heart disease. You can subscribe to get the news delivered right to your email on our website.*

  
Stephanie Coulter, MD

[www.texasheart.org/straighttalk](http://www.texasheart.org/straighttalk)



## Announcing the **THE TEXAS HEART INSTITUTE APP**

The Texas Heart Institute App includes over 1000 free articles for adults and children and features the latest news, videos and special events.



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## Houston HeartReach Registry

Researchers in our Center for Women's Heart & Vascular Health established the **Houston HeartReach** Registry to:

- Identify trends in heart-health risks in a diverse population of women.
- Help us develop future clinical trials that are anticipated for this population of women.
- Help us recruit women for future research studies.

There is no cost to participate.

Learn more by visiting [www.texasheart.org/HHR](http://www.texasheart.org/HHR)



## North American Fibromuscular Dysplasia Registry

Fibromuscular dysplasia (FMD) is a vascular disease that most commonly affects the renal and internal carotid arteries but has been described in almost every arterial bed in the body. It may be entirely asymptomatic and discovered incidentally or it may present with one or more of the following symptoms.

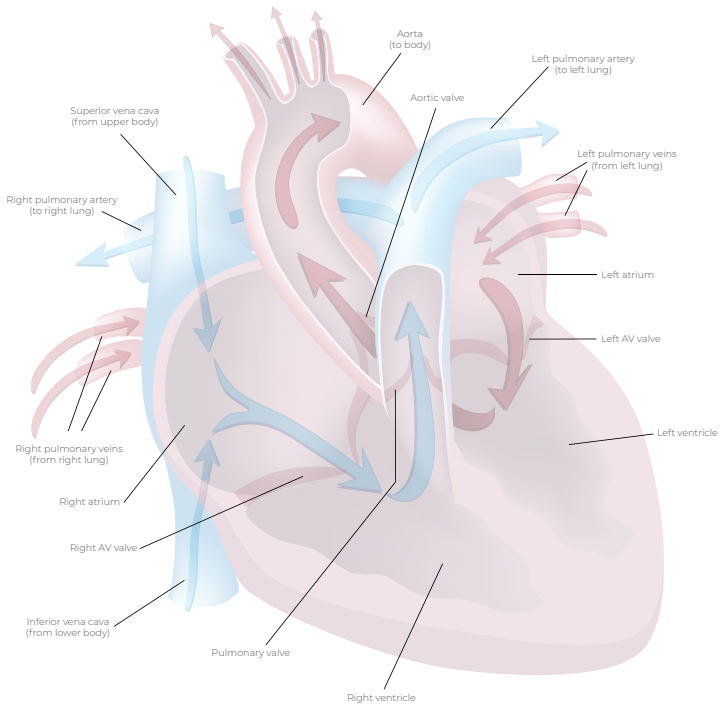
- Hypertension
- Transient ischemic attack
- Stroke
- Renal failure
- Horner's syndrome
- Subarachnoid hemorrhage
- Arterial dissection (i.e., carotid, SCAD)
- Dizziness
- Pulsatile tinnitus
- Aneurysm
- Headache
- Claudication

The FMD Registry is a global research effort designed to collect clinical data and provide resources for Fibromuscular Dysplasia (FMD) patients and healthcare providers to help improve the treatment of patients with FMD in the future.

There is no cost to participate.


Learn more by visiting [www.texasheart.org/FMD](http://www.texasheart.org/FMD)





To learn more about heart anatomy and other heart health-related topics, visit The Texas Heart Institute's Heart Information Center online at [www.texasheart.org/HIC](http://www.texasheart.org/HIC)



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