



## Charting Your Health and Personal Health Profile: Be in Control of Your Health (Paperback)

By Emma Mitchell

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Your personal health record to take with you to hospital whether at home or abroad to help doctors assessing your care reach and acurate diagnosis quickly. Charting your own measurements and scoring your health using the National Early Warning scoring system will also help to spur you to seek medical advice quickly when needed. So many people are on blood pressure medication, or heart medication which can affect their blood pressure, and generally only rely on the checks done by the doctors surgery. Many people have high blood pressure without knowing it, which can be a ticking time bomb, so would advise the general public to purchase a blood pressure machine from their chemist, use it regularly and chart their blood pressure and pulse. High blood pressure can have an adverse effect on the body, and can seriously affect the function of heart and kidneys, and cause a risk of a stroke. So it is important to keep it under control. High blood pressure can be managed with medication from your doctor. Losing weight can also help with...



#### Reviews

I actually began looking at this pdf. It is actually rally interesting through reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- Brayan Mohr Sr.

A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- Donnie Rice

### Other PDFs



# Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...



#### Child's Health Primer for Primary Classes (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*.Description Notice: This Book is published by Historical Books Limited ( as a Public Domain Book, if...



### Fifty Years Hence, or What May Be in 1943 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fifty Years Hence is a quasi-fictional work by Robert Grimshaw, a professional engineer, with the intent of making a...



# I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese (Paperback)

Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Please go to // and shapes for some high resolution sample pages. Learn Chinese - Basic Skills for...



# Do Monsters Wear Undies Coloring Book: A Rhyming Children's Coloring Book (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...



### Davenport s Maryland Wills and Estate Planning Legal Forms (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book written by attorneys and published by Davenport Press provides a quick review of law and a good range...