



'My Diary for Life' Improves Medical Record-Keeping, Encourages Better Communications With Healthcare Providers

KNOXVILLE, Tenn., Sept. 15 /PRNewswire-USNewswire/ -- *My Diary for Life* (www.mydiaryforlife.com) -- a pocket-sized, leather-bound personal health diary -- is one man's positive contribution to medical record-keeping and improved healthcare outcomes.

Born of publisher Larry Cunningham's long history of family health crises, the compact medical diary organizes the information individuals, families and their doctors need to make better healthcare decisions.

"My father died from lung cancer and other complications, then one of my brothers was diagnosed with prostate cancer," says Cunningham. "We found ourselves scrambling to piece together a family medical history, but it was very difficult. *My Diary for Life* grew out of this situation."

"I realized that when we face a health crisis and need to understand and address potential risk factors, we rely too much upon 'official' sources -- insurers, hospitals, doctors' offices -- or upon our own faulty memories."

It didn't take long for Cunningham to see that the diary encourages proactive healthcare.

By the time two more of his brothers were later diagnosed with prostate cancer and another brother developed colon cancer, the diary was part of his family's life. Then his daughter had scoliosis, and in 2007 his wife was diagnosed and treated for breast cancer.

"But all of their illnesses were detected early thanks to regular screenings and a greater awareness of risk factors promoted in *My Diary for Life*."

The diary makes it easy to stay on track with checkups and improve treatment options.

"In some instances, it can even save your life," says Cunningham. "With your medical and family history at hand, it's much easier to talk with your physician, pharmacist, dentist or a family member."

The booklet is organized into two major sections -- one for personal and family medical history, and one for doctor and hospital visits and health data, including logs for weight, height, cholesterol, blood pressure, allergies, eye and dental exams. Cunningham has also included a schedule of checkups and age-appropriate health screenings for men and women originally published by The Men's Health Network (www.menshealthnetwork.org). A medication log is printed on a removable card.

About the size of a checkbook, the \$12.95 diary fits into a pocket or pocketbook. It can also be used to log children's medical and health information from birth.

For information, visit www.mydiaryforlife.com or contact The LCHAM Company at P. O. Box 32518, Knoxville, TN 37930, phone or e-mail lchamdiary@aol.com.

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