Instructions

Create wallet size document:

1. Print this file on 8.5 x 11 paper in landscape orientation.
2. Cut along dotted line.
3. Fold along gray lines in the sequence shown.
4. Fill out information.
5. Keep in your wallet, purse, or wherever you carry your health insurance card.

How to Fold

1. Fold in half lengthwise with image on outside
2. Facing other side, fold right side inward
3. Fold left side inward, over right side

My medications

Note from my physician

Precautions

Fractures:
Cases of fat embolism after fractures have been reported in individuals with DMD. A fat embolism should be considered after injury if respiratory difficulty, changes in mental status, or other signs occur.

Anesthesia safety:
Individuals with DMD require neuromuscular precautions with anesthesia. This includes the avoidance of triggering anesthetic agents that include succinylcholine and inhaled gases.

Steroid safety:
This individual (is / is not) on chronic steroids. If this individual is on steroids, there is a risk for adrenal insufficiency.

Respiratory:
Individuals with DMD may have impaired ventilation and chronic respiratory insufficiency. Airway clearance regimens (e.g., cough assist devices) are important.

Cardiac:
Individuals with DMD are at risk for dilated cardiomyopathy but may not display classic signs of heart failure. Arrhythmia should also be considered.

Emergency Room Alert Card

To learn more about DMD, visit mda.org/disease/duchenne-muscular-dystrophy or contact the MDA Resource Center at 833-ASK-MDA1 (275-6321)

Statement of liability: While every reasonable effort is made to ensure this document is useful to clinicians and service users, MDA is not liable for any damages incurred as a result of its use.

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