



Every second counts. This statement is even more important in the midst of life threatening situations.

An ambulance soars past traffic, sirens screaming and lights flashing, the paramedics race toward the home of a senior citizen. When they arrive, the senior is unconscious and they have few facts to go on. Does the patient have any existing conditions? Is he taking any medications? Does he have allergies?

This frightening scenario is all too common for senior citizens and the ambulance crews that treat them. That's why the **File of Life**®, a mini medical history posted on the outside of one's refrigerator, was developed.

The **File of Life** card enables ambulance personnel to obtain a quick medical history when the patient is unable to offer one. This card will eliminate the risk of the patient, who, in a frightened state, may forget to mention something important.

The card, which is kept in a red plastic pocket labeled **FILE OF LIFE**, lists the patient's name, emergency medical contacts, insurance policy and social security numbers, health problems, medications, dosages, allergies, recent surgeries, religion, doctor's name and a health care proxy. The entire pocket is held, with a magnet to the outside of your refrigerator.

The East Windsor Ambulance Association and the East Windsor Senior Center have teamed up to provide this very helpful service to the citizens of our community at no cost.

You may pick one up at the East Windsor Senior Center or you may also request a File of Life by contacting the East Windsor Ambulance Association at 623-3133.

