



*Personalized
Care For Your
Genetic Health*

Family Health History Fact Sheet

Importance of Family Health History

You may have shared some of your family's stories from the past, but you probably have not discussed your uncle's last colonoscopy results, or the heart surgery your grandmother had when she was 15. However, knowing the details of your family members' health history is extremely important when learning about your own risks for disease. By learning about and recording your own family health history, you are taking the first step in learning your risk for different medical issues and working with your physicians to manage these risks.

Getting Started

Starting the conversation may seem overwhelming, but there are simple steps that you can follow to learn more about your family health history.

A good way to start is to list out your biological or blood-related family members, including you, your brothers and sisters, your children and your parents. If possible, you should also include your nieces, nephews, aunts, uncles, grandparents and cousins. If any of these relatives have passed away, record the age they were when they died and their cause of death. (Their health histories are just as important.)

Key Things to Ask About

You should try to gather information about each person's medical history and approximately how old they were when they were found to have each issue. Try to get as many details as possible about the condition. It is also important to know if anyone had had a medical genetic test, what it was for, and the results of that testing.

You may also take this opportunity to ask about ancestry- where each side of the family came from before the United States. It can also be a great time to learn some of your family's non-medical stories, such as how your parents met or about the birth of your niece or nephew.

Putting a Family Health History to Work

Once you have collected this information, make sure to keep it in a safe place. It is also a good idea to update your family's medical history at least once a year. Holidays and family gatherings can be a great time to catch up with family and update your family health history.

Sharing your family health history with your doctor or genetic counselor is recommended in order to use it to estimate your risks for disease, and to discuss appropriate management and risk-reduction strategies.



My Family Health History

| Medical Issue | Who? | What? | How old? |
|---|------|-------|----------|
| Cancer | | | |
| Heart abnormalities | | | |
| Diabetes | | | |
| Mental illness | | | |
| Stroke | | | |
| Birth defects* | | | |
| Kidney disease | | | |
| Learning problems | | | |
| Intellectual disabilities | | | |
| Autism | | | |
| Vision or hearing loss | | | |
| Multiple pregnancy losses | | | |
| Infertility | | | |
| Early/late puberty | | | |
| Young/early deaths (including infant deaths) | | | |
| Very tall or short stature | | | |
| Unexplained medical conditions | | | |
| Unique skin spots or patterns* | | | |
| A known genetic syndrome | | | |
| A condition that seems to run in the family | | | |

*Birth defects can include spina bifida, cleft palate, heart defects, hole in the heart/hole in the lip etc.

*Skin spots or patterns can include cafe-au-laits, shagreen patches, port wine stains, etc.

Previous genetics testing _____

Ancestry (all grandparents) _____