

Health History on My Mother's Side

Mother _____

Grandmother _____

Grandfather _____

Aunts _____

Uncles _____

Cousins _____



My Health Conditions _____

My Children _____

My Sisters _____

My Brothers _____

My Nieces _____

My Nephews _____

Health History on My Father's Side

Father _____

Grandmother _____

Grandfather _____

Aunts _____

Uncles _____

Cousins _____



Investigating your family's health history could save a loved one's life - or yours.

As each generation ages, important information can be forgotten or lost – start a dialogue with your family today to reveal your family's health history.

- For each blood relative, record all diseases and the age of diagnosis.
- Make copies for your family members.
- Ask family members to share this information with their doctor. Update your family health history on a regular basis and keep it in a safe place.
- Family gatherings, vacations, holidays and reunions can be good times to collect this information.

This is a tool designed to begin the conversation with your family and health care professional.

Knowing your history will help guide your doctor in delivering sound health care.



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Don't keep secrets

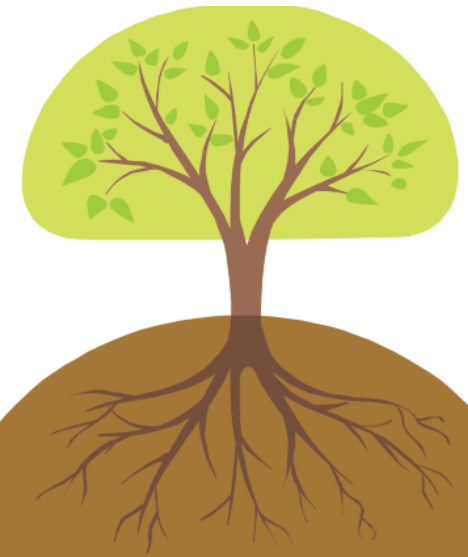
This information could help prevent or reduce the risk of disease in your family.

Start the discussion with your family now!

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Explore Your Native Roots

Family Health History

Record Keeper