



A Guide for Collecting Your Family Health History

Name of family member: _____

Relationship to you: _____

Mother's side or father's side: _____

Ethnicity: _____

Name of diseases or medical conditions (or description of it):

How old was the family member when diagnosed with this disease or condition? _____

What were their symptoms?

Did he/she die from this disease or condition? _____

Questions to Ask

- Do we have heart disease, diabetes, high blood pressure, high cholesterol or other chronic diseases in our family?
- Did any family members have cancer and if so, what type, and how old were they when they were diagnosed?
- Have you or any of our relatives had other serious diseases like cancer? Stroke?
- How old were you (or a relative) when your diseases or conditions were diagnosed?
- Do you recall if any of our close relatives took any over-the-counter or prescription medications on a regular basis? If so, for what?
- Do you know of any family members who experienced difficulties in pregnancy or childbirth? What kinds of difficulties?
- What do you know about our family's ancestry? What countries did our ancestors come from?
- How old were our relatives when they passed away? What were the causes?

Other questions or important notes:

As you build your family's health history, be sure to share what you've learned with your doctor during your next visit.

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