

FAMILY HEALTH HISTORY TREE

Establishing the branches of your family tree can help guide yourself and your loved ones to wellness and prevent disease.

MAJOR MEDICAL CONDITIONS		
heart disease	osteoporosis	stroke
diabetes	miscarriages/stillbirths	asthma
high cholesterol	cancers	genetic conditions
mental illness	high blood pressure	birth defects

The diagram shows a tree structure with a central trunk labeled 'ME'. From the trunk, two main branches lead to 'MOM' and 'DAD'. From 'MOM', three branches lead to 'AUNT', 'UNCLE', and 'SIBLING'. From 'DAD', three branches lead to 'AUNT', 'UNCLE', and 'SIBLING'. At the top of the tree, four boxes represent grandparents: 'GRANDPA' and 'GRANDMA' on both the maternal and paternal sides.

1) Find the Family Historian

Ask a grandparent or any older member of the family who kept in touch with relatives to share their memories.

2) Keep the topic broad at first

Initial questions like "What was it like when you were growing up?" will help. Touching on fond memories can make the process enjoyable.

3) Ask for Health Details

Ask whether heart attack/heart disease, stroke, cancer, diabetes, neurodegenerative diseases or other health problems affected any family members. Start close and then branch out to other relatives.

4) Refresh Your History & Share

Stay on top of your ever-changing family health history every couple years, or annually if possible. Share this with other family members so everyone benefits.