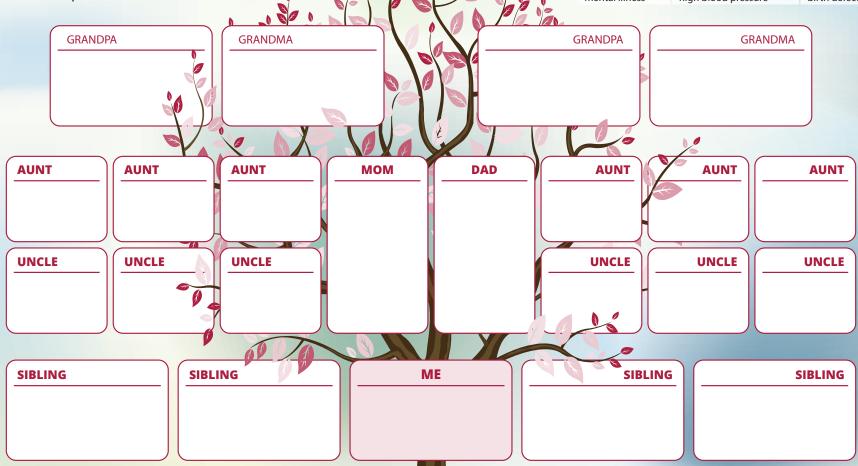
FAMILY HEALTH HISTORY TREE

MAJOR MEDICAL CONDITIONS Establishing the branches of your family tree heart disease osteoporosis stroke can help guide yourself and your loved ones diabetes miscarriages/stillbirths asthma high cholesterol cancers genetic conditions to wellness and prevent disease. mental illness high blood pressure birth defects **GRANDPA GRANDMA GRANDPA GRANDMA**



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 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.

