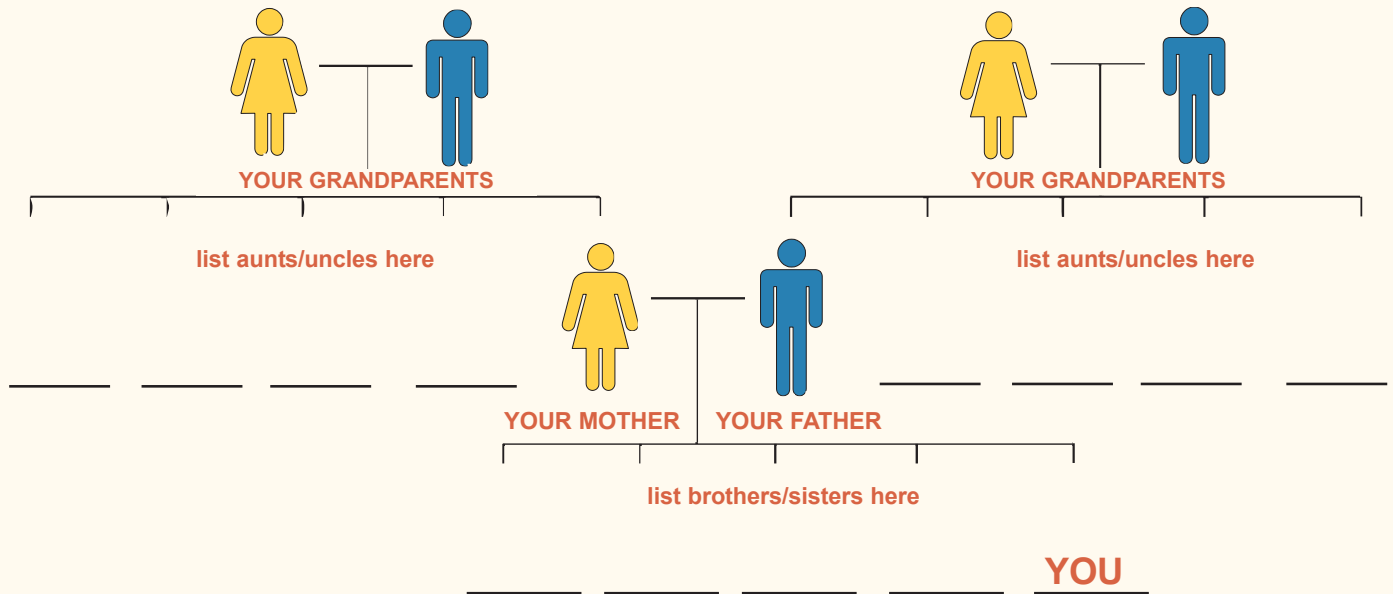





your family health history tree



steps for making your family tree

- 1 Fill in the names of blood relatives — siblings as well as aunts and uncles.
- 2 Check the legend at right for common diseases, conditions and risk factors. After your discussions with relatives, you may want to add others. Write the applicable letter from the legend next to your relative's name. Indicate family members who are deceased as follows: ~~Aunt Sue~~ or ~~~~. Indicate the age at death, if known.
- 3 Use the space below to make additional notes on medical history about your relatives.
- 4 Contact relatives whose medical history you are missing.
- 5 Once you've filled out your family tree with as much information as you can gather, take this form to your primary-care provider and discuss it with him/her.

legend

- C — Cancer (what type?)
- D — Diabetes
- H — Heart disease
- BP — High blood pressure
- CL — High cholesterol
- O — Obesity
- S — Smoker
-  — Age at death
-  — Deceased

notes (details on type of disease, symptoms, medications taken)