



# My Family's Health History

My Health Conditions \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Children \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Sisters \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Brothers \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Nieces \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Nephews \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Health History on My Mother's Side

Mother \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Grandmother \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Grandfather \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Aunts \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Uncles \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cousins \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Health History on My Father's Side

Father \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_

Grandmother \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Grandfather \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Aunts \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Uncles \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cousins \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_



## 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.

### 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!

## Resources



[www.abcdbreastcancersupport.org](http://www.abcdbreastcancersupport.org)  
[info@abcdmentor.org](mailto:info@abcdmentor.org) 800.977.4121



[www.cancer.org](http://www.cancer.org) 800.227.2345



[www.dhs.wisconsin.gov/wwwp/index.htm](http://www.dhs.wisconsin.gov/wwwp/index.htm)  
608.266.8311



1.877 GO KOMEN (1.877.465.6636)  
[helpline@komen.org](mailto:helpline@komen.org)



[www.dreamthecure.org](http://www.dreamthecure.org)

[www.facebook.com/pages/WI-Pink-Shawl-Initiative/](https://www.facebook.com/pages/WI-Pink-Shawl-Initiative/)

## Family Health History Record Keeper

courtesy of

Wisconsin Well Woman Program and  
Wisconsin Pink Shawl Initiative



## Explore Your Native Roots

"Did you know that trees talk?  
Well, they do. They talk to each other,  
and they'll talk to you if you listen."  
— Walking Buffalo

# Family Health History

## Record Keeper