

ADULT HEALTH BULLETIN



NOVEMBER 2018

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THIS MONTH'S TOPIC: FAMILY HISTORY



During the fall, we tend to gather frequently to celebrate the holidays with family. National Family History Day is observed on Thanksgiving Day. Family gatherings are a perfect time to talk about and write down the health conditions that might run in your family. Knowing your family health history is important to help you take appropriate steps to ensure a healthier future.

What is family health history?

Family health history includes records about diseases and health conditions in your family. Since you and your family share certain genes, your doctor may decide on certain health screening tests and other interventions you might need.

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Questions to ask your family

- Do you have any chronic diseases, such as heart disease or diabetes; or health conditions, such as high blood pressure or high cholesterol?
- Have you had any other serious diseases, such as cancer or stroke?
- How old were you when each of these diseases and health conditions was diagnosed?
- What is our family's ancestry — from what countries did our ancestors come to the United States?
- For relatives who have died, what was the cause and age of death.

Sharing family health information

Once you gather your family health history, be sure to share it with all family members so

they can benefit from knowing the information. Your family health history can give you an idea of your risk for chronic diseases like cancer, heart disease and diabetes, but remember there are other factors to consider.

If you are concerned about diseases that are common in your family, talk with your doctor at your next visit.

REFERENCES:

- <https://www.cdc.gov/genomics/famhistory>
- https://www.cdc.gov/genomics/famhistory/famhist_adults.htm
- https://www.cdc.gov/genomics/famhistory/famhist_basics.htm
- <https://www.cdc.gov/family/autumn/autumntips.pdf>

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