



Info Exchange:

My Family Health History

Share your work on your family health history. Ask your parents, other family members, or other trusted adults with information on your medical history for more information.

Record any new information on each person.

- Age or date of birth (or best guess, such as, 40's)
- Date of death for family members who have passed away
- Height and weight (optional)
- Where each side of your family comes from originally (such as, England, Mexico, India, and so on.)
- Medical conditions such as:
 - Cancer
 - Diabetes
 - Mental illness
 - Stroke
 - Birth defects (such as, spina bifida, cleft lip, heart defect)
 - Vision or hearing loss at a young age
 - Heart disease
 - Asthma
 - High blood pressure
 - Kidney disease
 - Learning problems or mental retardation
 - Known genetic conditions, like cystic fibrosis or sickle cell disease
- For those with medical conditions, write down how old the person was when they were diagnosed. Record things like if they smoked, diet or exercise habits, and so on.

■ Ask the adult you are speaking with these additional questions.

If you have created a family health history for yourself, what did you learn about your health?

If you have not created a family health history for yourself, do you think it would be helpful?

Offer to help get your parent or other trusted adult started on their family health history using your new knowledge!

Visit this website for more information: www.migeneticsconnection.org
The "Genetics Literacy" section has lots of useful information to encourage family members and friends to begin a written record of their health history.

If you don't live with or have access to information on your birth family, collect information on the family you live with.

If you are adopted, you can collect information on either or both your adopted and birth families. A pedigree of your adopted family will not give you much information about your own genetic make-up, but would tell you a lot about the family you are part of. A pedigree of your birth family will tell you more about your personal genetic history, but it may be more difficult to learn details.

Name of the adult(s) you spoke with: _____

Relationship of the adult(s) to you, such as parent, teacher, neighbor: _____