

Family Health History



Overview

- What is family health history?
- Why is it important to you?
- How can family health history help you?
- Example



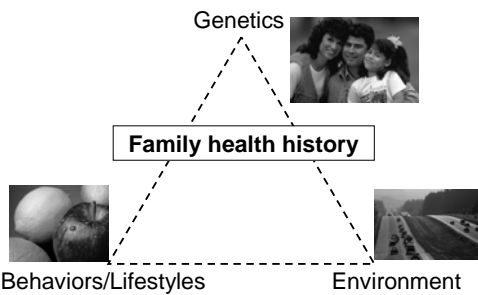
We All Have a Family History



Modified from www.hhs.gov/familyhistory

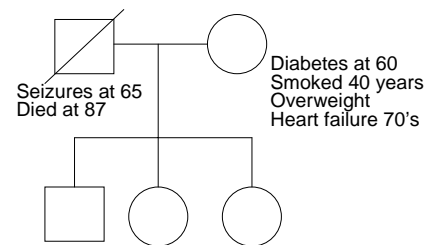
What is Family Health History?

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Family Health History



Why is Family Health History Important?

- Helps you learn more about your risk and your children's risk for health problems in your family
- Can guide screening tests and behavior change
- To learn which risk factors you can change and which you can't change

<http://health.utah.gov/genomics/familyhistory/documents/FHL%20classes.ppt>

What is a Health Risk Factor?

- Risk factors are things that can increase your chance of getting a health condition



Environmental Risk Factors

- Exposures to harmful agents in food, air, and water



Modified from www.hhs.gov/familyhistory

Lifestyle Risk Factors

- Poor diet
- Lack of physical activity
- Being overweight
- Smoking
- Not getting regular checkups



Modified from www.hhs.gov/familyhistory

Genetic Risk Factors

- Genes are the instructions that tell our body how to work
- Genes are passed down from parents to their children
- Genes are found in every cell in our body



Modified from www.cdc.gov/familyhistory

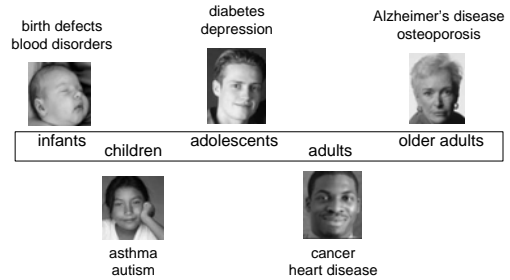
What Risk Factors Do You Have?



Why Do Some Health Problems Run In Families?

- You can inherit a gene change that increases your risk for disease
- Health problems like diabetes are caused by a combination of gene changes, lifestyle, and environment
- Some diseases are caused by a specific gene change, but they are more rare
 - Sickle cell
 - Cystic Fibrosis

Family Health History: A Risk Factor For All Stages Of Life



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How Can Your Family Health History Help You?



- Learn about diseases that run in your family
- Take advantage of screening tests that can detect health conditions early when it is most treatable
- Change unhealthy behaviors such as smoking, inactivity and poor eating habits

Modified from www.hhs.gov/familyhistory

How Can You Collect Your Family Health History?



- Ask questions
- Talk at family gatherings
- Talk to your family historian if you have one
- Look at family bibles, baby books, family medical records & death certificates

Modified from www.hhs.gov/familyhistory

What Information Should I Collect?

- Major health conditions
- Age family member developed disease
- Age and cause of death
- Ethnic background
- Pregnancy problems (miscarriage, diabetes, etc)
- General lifestyle factors like heavy drinking and smoking

Modified from www.hhs.gov/familyhistory

Examples of Information to Collect

Aunt Mary – smoked cigarettes since she was a teenager, had a heart attack at age 52

Uncle Walter – was overweight and inactive, developed diabetes at age 60

Modified from www.hhs.gov/familyhistory

Who To Include in Your Family Health History

- You
- Parents
- Brother and Sisters
- Half Brothers and Sisters
- Grandparents
- Aunts/Uncles
- Children
- Cousins

Focus on your blood relatives

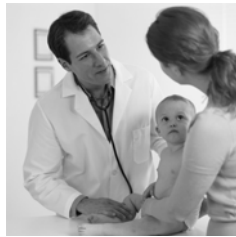
Modified from www.hhs.gov/familyhistory

What if I Don't Know my Family Health History?

- Start a family health history with you!
- Include your children and any known blood relatives
- If you are adopted, you may find more information from the National Adoption Directory (1-800-394-3366)

What Should You do With the Information?

- Write it down
- Organize it
- Share it with your family
- Pass it on to your children
- Share it with your health professional
- Keep it updated



Modified from www.hhs.gov/familyhistory

Before You Visit Your Doctor

- Find out if there will be any cost to you
- Prepare for your visit
 - Make a list of 3 most important questions or concerns
 - Consider bringing a friend or family member
 - Plan to update your doctor about your family health history
 - Bring paper to take notes or tape recorder to record visit

Talking to Your Health Provider About Family Health History

- Ask Questions!
- What's a Good Question?
 - Specific
 - Timely
 - Well thought out
 - Get an answer

Why is it Hard to Ask Questions?

- Forget to ask questions
- Embarrassed
- Medical Language
- Doctor is busy
- Feel intimidated
- Fear of answer
- Feel question is not important

What Will Your Doctor Do With The Information?



- Determine your risk for disease based on:
 - Number of family members with the disease
 - The age when they were diagnosed
 - How you are related to the family member
 - Other disease risk factors
- Recommend screening tests and lifestyle changes

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Example

Shirley's Story



Example

Shirley Wonders About Her Family's Risk For Diabetes



Both of Shirley's parents developed diabetes by the time they were 60

Shirley knows she doesn't always eat right and she is overweight. She is 5 feet 6 inches tall and weighs 175 pounds.

With these risk factors – family history, overweight, and poor diet – should Shirley be concerned about diabetes?

Modified from www.hhs.gov/familyhistory

Shirley's daughter, Susan, is 19 years old and also overweight



Because Shirley and Susan share the environment and family history, Shirley is concerned that her daughter may also be at risk for diabetes

Shirley's Family Tree

Dad's Side

Dad
Diabetes
59

Aunt Marie
Diabetes
59

Uncle Dale
Diabetes
50



Mom's Side

Mom
Diabetes
43

Heart Disease
66

Uncle Max
Heart Disease
68

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Shirley's Risk For Diabetes

- Shirley has heard that diabetes can run in the family, so she asked her doctor about her risk for her family
- Shirley's doctor concluded that she and Susan had an increased risk for developing diabetes and heart disease

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Decreasing Shirley's Risk for Diabetes and Heart Disease

- Based on family history, Shirley's doctor recommends the following:
 - Lose weight
 - Eat healthy
 - Exercise
 - Receive regular blood sugar screening
 - Receive regular blood pressure and cholesterol screening
 - Talk to Susan about her risk for developing diabetes and heart disease

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An example

How Did Shirley's Family History Help Her?



She learned that she and her daughter had an increased risk for diabetes and heart disease. Their family history was a risk factor, in addition to their weight.

- Shirley started getting more regular screenings for
- blood sugar
 - blood pressure and
 - cholesterol

She talked to her doctor about losing weight through healthy eating and physical activity programs that were right for her.

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How Did The Family Health History Help Susan?

Shirley talked to Susan about her risk for diabetes and heart disease



Susan has since met with her doctor to discuss her risk, and developed a plan for losing weight and preventing diabetes and heart disease

People with a family history of disease may have the most to gain from lifestyle changes and screening tests!

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Prevention is Primary...



Family health history is important for you, your children and everyone in your family!



Diseases...All in the Family

Overview

- Learn about
 - Diabetes
 - Stroke
 - Heart Disease
 - Cancer



Diabetes

- High levels of sugar in the blood
- Insulin helps move sugar from the blood to the cells
 - Diabetes occurs when insulin doesn't work well
 - Some types occur in children, others show up in adults



<http://www.diabetes.org/genetics.jsp>

Diabetes

- 14.6 million Americans have diabetes
 - 6.2 million Americans have diabetes and don't know it
- Up to 16% of Appalachians have diabetes in the greater Cincinnati area

<http://www.healthfoundation.org/publications/documents/2005%20CCHSS%20Appalachian%20Chart%20Book.pdf>

Diabetes

- Diabetes can cause:
 - Kidney failure
 - Blindness
 - Stroke
 - Death



<http://www.diabetes.org/genetics.jsp>

Diabetes

- Diabetes can run in families
 - If you have diabetes, your child has a high chance of also having the disease
 - If a mom and dad both have diabetes, their children have an even higher chance of having diabetes



<http://www.diabetes.org/genetics.jsp>

Stroke

- “Brain attack”
- Blood flow to the brain is stopped due to blockage in the blood vessels
- Up to 2.5% of Appalachians in Cincinnati have had a stroke



American Stroke Association

Stroke

- Stroke can cause
 - Paralysis (poor or no movement of parts of your body)
 - Vision problems
 - Problems with speech
 - Memory loss
 - Death

<http://www.strokeassociation.org/presenter.jhtml?identifier=1052>

Stroke

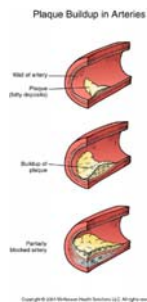
- Stroke can run in families
 - Especially when it occurs before age 65



<http://www.strokeassociation.org/presenter.jhtml?identifier=4714>

Heart Disease/CAD

- Coronary Artery Disease—CAD
- Arteries become hard and narrow due to buildup of cholesterol and plaque
- Narrowing of the arteries causes less oxygen to get to the heart muscle
 - Causes chest pain
 - Can lead to heart attack



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http://www.nhlbi.nih.gov/health/od/diseases/cad/cad_what.htm

Heart Disease/CAD

- Leading cause of death for Americans
- 13 million Americans have CAD
- About 23.4% of Appalachians living in Cincinnati have heart trouble



<http://www.healthfoundation.org/publications/documents/2005/2005CHSS%20Appalachian%20Heart%20Book.pdf>

Heart Disease/CAD

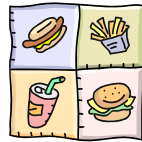
- Heart disease can run in families, especially when:
 - A father or brother had it before the age of 55
 - A mother or sister had it before the age of 65



http://www.nhlbi.nih.gov/health/od/diseases/cad/cad_whoisatrisk.htm

Risk Factors

- Have a family history
- Smoke
- Are overweight
- Eat a high fat, high sugar diet
- Don't exercise
- Have high cholesterol
- Have high blood pressure



<http://www.americanheart.org/presenter.jhtml?identifier=500>

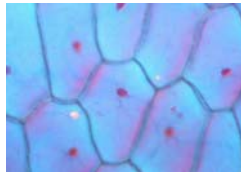
WHAT CAN I DO?

- Talk to your healthcare provider about your family history
- Stop smoking
- Eat fruits and vegetables
- Exercise
- Lose weight
- Check cholesterol
- Check for diabetes
- Check for high blood pressure
- Follow your healthcare provider's recommendations



Cancer

- Cancer is caused by uncontrolled cell growth in the body
- Cancer can occur anywhere in the body and is named after the part of the body where it starts
 - Breast cancer
 - Colon cancer
 - Lung cancer



Cancer

- 2nd leading cause of death for Americans
- Up to 8% of Appalachians living in Cincinnati have cancer

<http://www.healthfoundation.org/publications/documents/2005%20GCCHSS%20Appalachian%20Chart%20Book.pdf>

Cancer

- A large number of families have at least one family member who has cancer
- Some families have many members with the same kind of cancer
- These families are thought to have cancer "running in the family" and the cancer could be hereditary

Cancer

- Which families are at risk for having a hereditary form of cancer?
 - Multiple people affected on the same side of the family
 - More than one generation affected
 - Cancers occurring before the age of 50
 - More than 1 cancer is in the same person
 - Breast cancer in males

Cancer

- How can you reduce your risk for cancer?
 - Discuss your family history with your healthcare provider
 - See your doctor for regular screenings
 - Do breast self-exams
 - Eat a low fat, high fiber diet
 - Keep a healthy body weight
 - Exercise most days



Talk to your healthcare provider about diseases that run in your family!

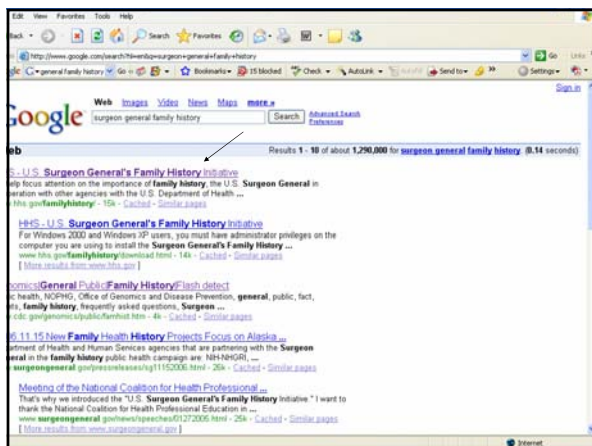
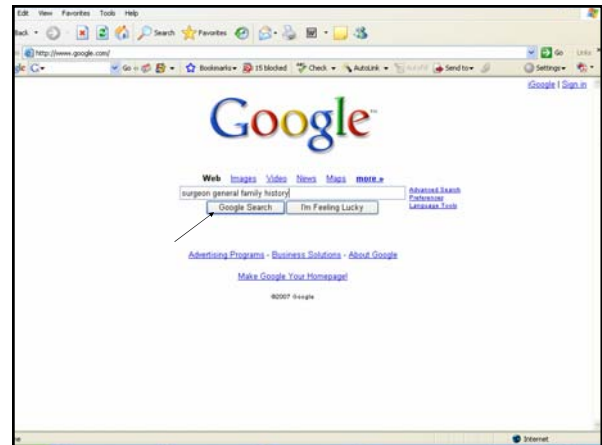


Using the Surgeon General Family Health History Tool

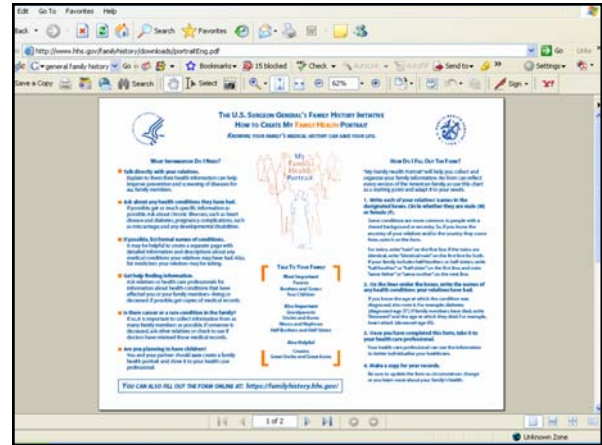
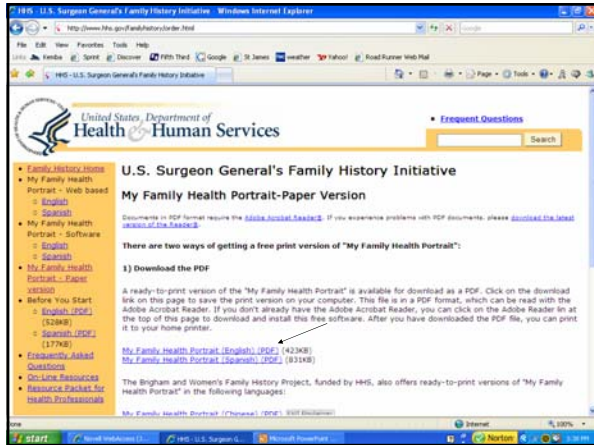
The Family History Tool

- There are two different ways to complete the family history tool
 - Paper
 - Electronic (Computer)

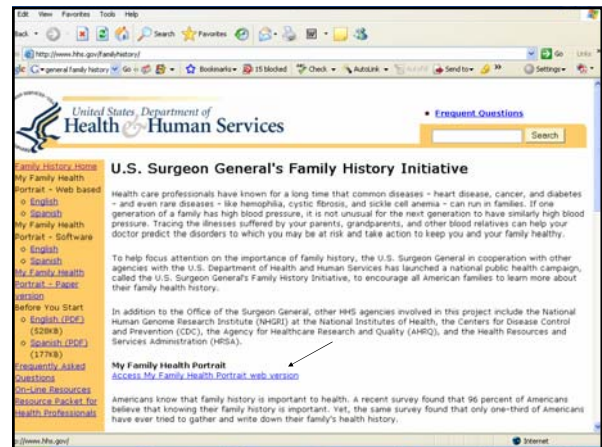
Getting to the Surgeon General Tool On-line

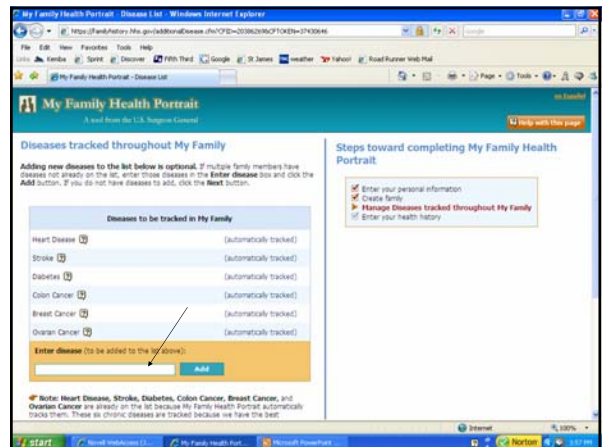
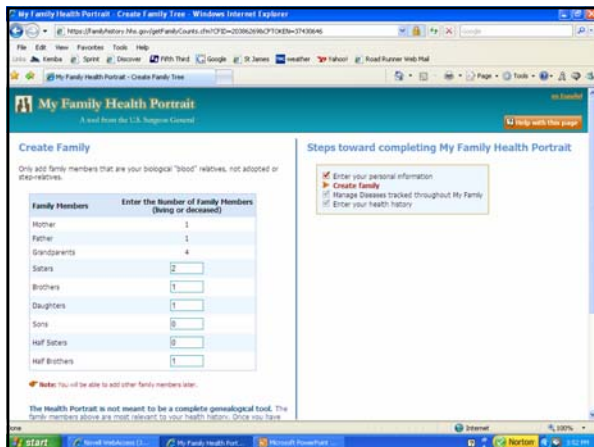
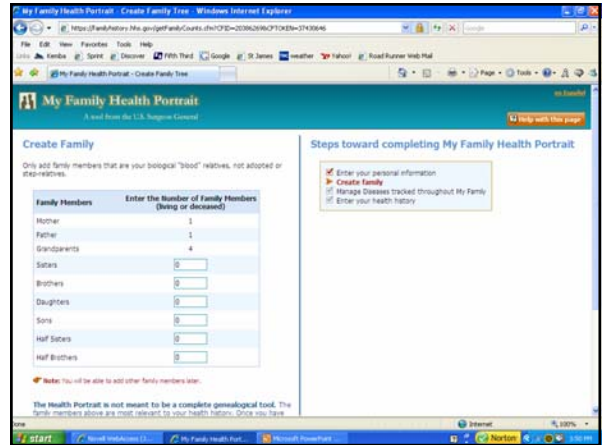


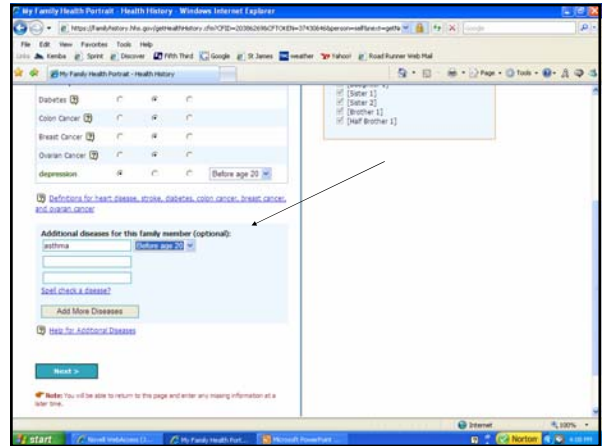
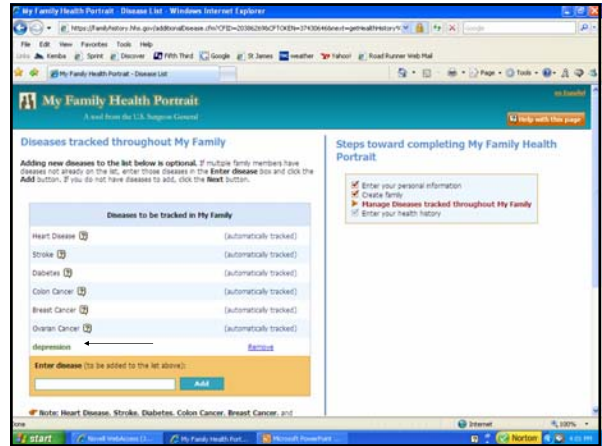
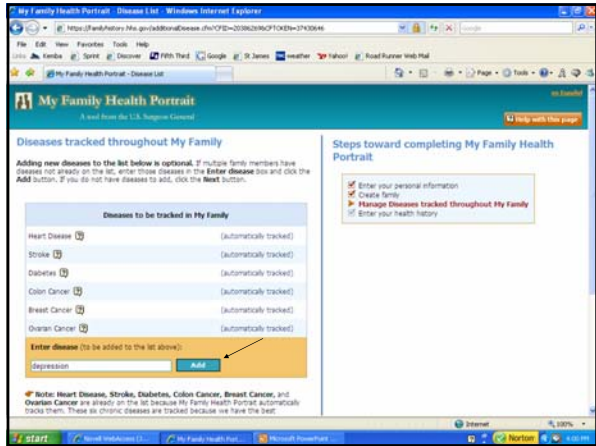
The Paper Tool

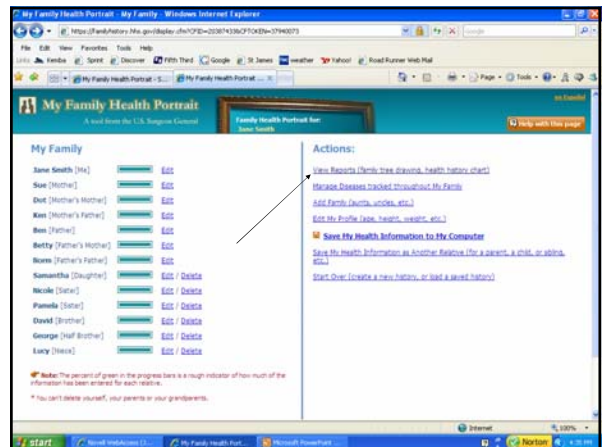
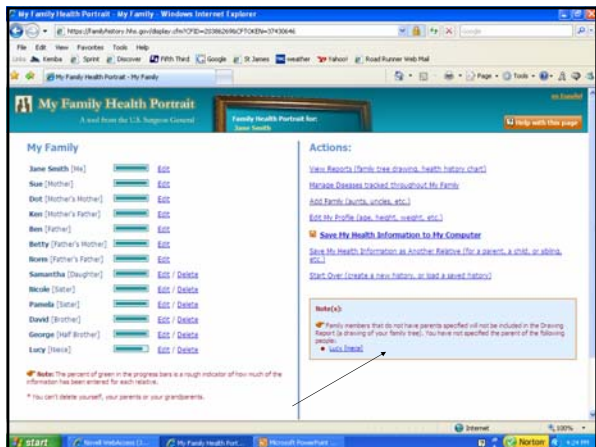
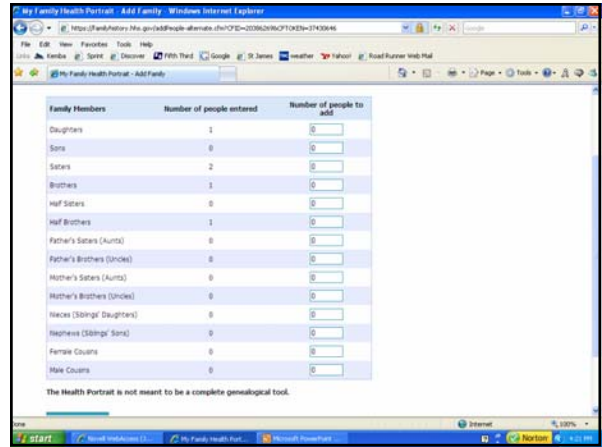
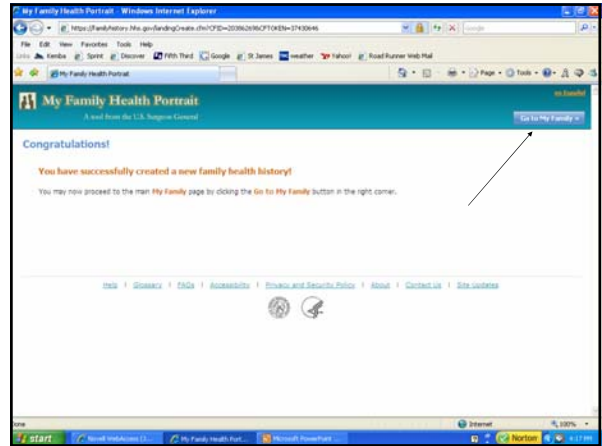


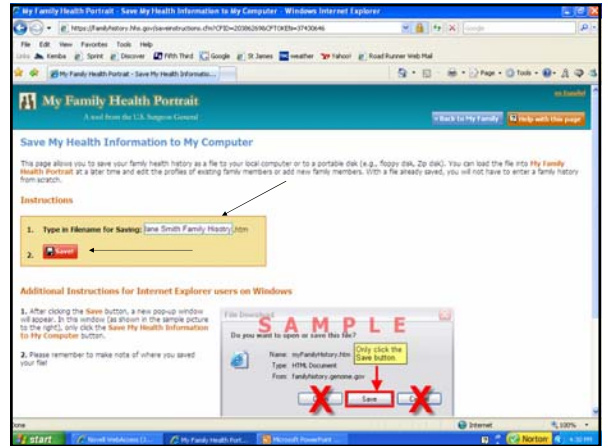
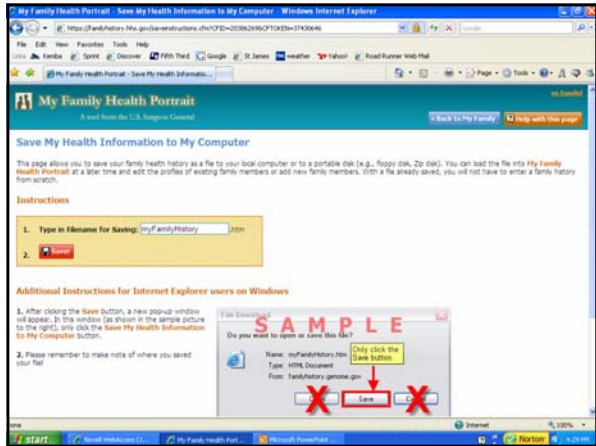
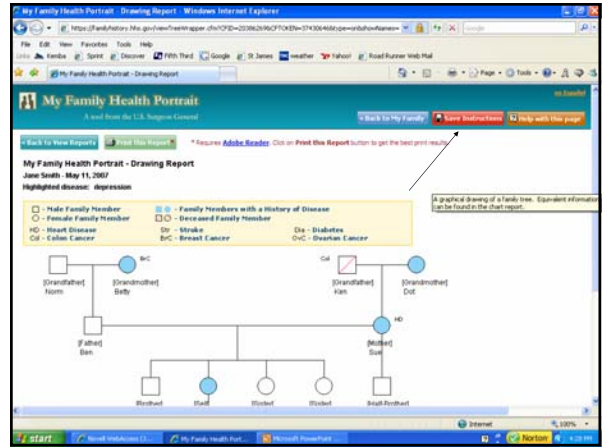
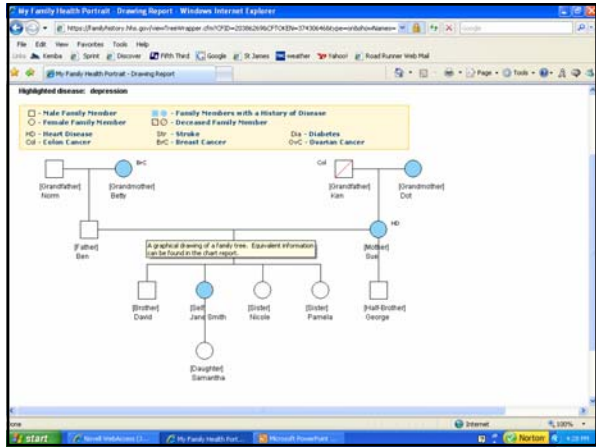
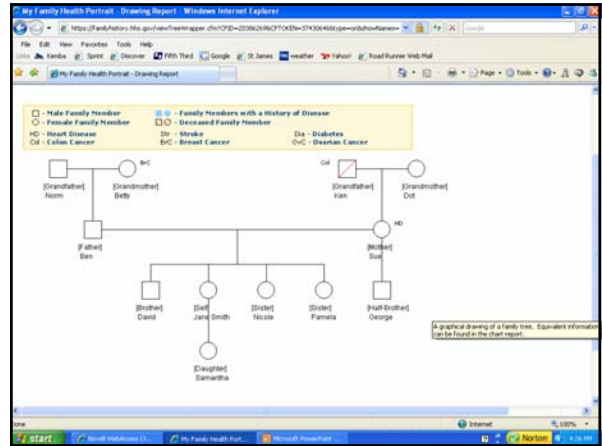
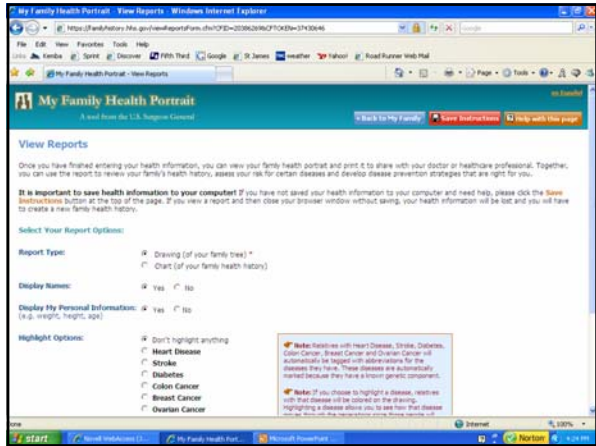
The Electronic Tool













Talking to Family Members

Modified from www.hhs.gov/familyhistory

Prepare

- Make a list of blood relatives
 - Parents
 - Brothers and Sisters
 - Half Brothers and Sisters
 - Your Children
 - Grandparents
 - Aunts and Uncles
 - Nieces and Nephews
-

Modified from www.hhs.gov/familyhistory

Prepare

- Prepare your questions
 - Do you have any chronic illnesses like heart disease or diabetes?
 - Have you had any other serious illnesses like cancer or stroke?
 - How old were you when you developed these illnesses?
 - Have you had any problems with pregnancies?
-

Modified from www.hhs.gov/familyhistory

Types of Questions

- Ask questions about other relatives
 - Where did our family come from? What countries?
 - What do you know about relatives who have passed away?
 - How did they pass away?
 - How old were they?
-

Modified from www.hhs.gov/familyhistory

Where to Talk to Family Members

- Find a good time to talk
 - Talk in a relaxed setting
 - Holiday gatherings and reunions
 - In-person, telephone, mail, or e-mail
-

Modified from www.hhs.gov/familyhistory

How to Talk to Family Members

- Explain what you are doing
 - Learning more about family health history
 - Information will benefit the whole family!
 - Keep a record of your conversations
 - Bring a pencil and paper or a tape recorder
-

Modified from www.hhs.gov/familyhistory

How to Talk to Family Members

- Ask one question at a time
- Keep questions short
- Ask follow up questions, such as “when,” “why,” and “how”

Modified from www.hhs.gov/familyhistory

How to Talk to Family Members

- Respect your relatives' feelings
 - Some people don't want to share information about their health
 - Let them know that any information they can share will be helpful

Modified from www.hhs.gov/familyhistory

How to Talk to Family Members

- Have fun learning about your family history!