

This Thanksgiving

is a good time to start collecting your family's health history using some of these questions and to try the Surgeon General's free online tool at familyhistory.hhs.gov

Heart Disease
High Cholesterol
Diabetes
Cancer

Allergies
Huntington's
Depression

Sickle Cell Anemia
Parkinson's
Cystic Fibrosis

Do any diseases run in your family?

How old were they when they developed these diseases?

What are your family's lifestyle habits such as exercise or smoking?

Have any family members had surgeries or been hospitalized?

Does anyone in your family take medications regularly?

What diseases did your deceased relatives have?

Do any family members have serious or chronic diseases?

What was the cause of their death, and how old were they?



By openly discussing your family's health history, you and your health care provider will be able to better predict your risk for illness, identify early screening options and keep you and your family healthy.

Happy Thanksgiving!