

This Holiday Season

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

Cancer

Depression

Allergies

Huntington's

Cystic Fibrosis

Sickle Cell Anemia

Diabetes

High Cholesterol

Parkinson's

Do any family members have serious or chronic diseases?

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

Have any family members had surgeries or been hospitalized?

What diseases did your deceased relatives have?

How old were they when they developed these diseases?

Does anyone in your family take medications regularly?

What was the cause and age of their death?

Do any diseases run in your family?



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 Holidays!