

## Type 2 diabetes

Have any of your relatives been diagnosed with type 2 diabetes?

- First degree relatives
- Mother
  - Father
  - Sister(s)
  - Brother(s)
  - Daughter(s)
  - Son(s)

If you checked more than 1 relative you are at increased risk of type 2 diabetes.

- Second degree relatives
- Grandmother(s)
  - Grandfather(s)
  - Aunt(s)
  - Uncles(s)
  - Nieces(s)
  - Nephew(s)

If you checked more than 2 relatives you are at increased risk of type 2 diabetes.

## Heart Disease

Have any of your relatives been diagnosed with heart disease?

- First degree relatives
- Mother
  - Father
  - Sister(s)
  - Brother(s)
  - Daughter(s)
  - Son(s)

If you checked more than 1 relative you are at increased risk of heart disease.

- Second degree relatives
- Grandmother(s)
  - Grandfather(s)
  - Aunt(s)
  - Uncles(s)
  - Nieces(s)
  - Nephew(s)

If you checked more than 2 relatives you are at increased risk of heart disease.

# Families SHARE

Sharing Health Assessment and Risk Evaluation

## Risk checklist and calculator

For \_\_\_\_\_

## Prostate cancer

Have any of your relatives been diagnosed with prostate cancer?

Father

Brother(s)

Son(s)

First degree relatives

If you checked more than 1 relative you are at increased risk of prostate cancer:

Grandfather(s)

Uncles(s)

Nephew(s)

Second degree relatives

If you checked more than 2 relatives you are at increased risk of prostate cancer:

## Colorectal Cancer

Have any of your relatives been diagnosed with colorectal cancer?

Mother

Father

Sister(s)

Brother(s)

Daughter(s)

Son(s)

First degree relatives

If you checked more than 1 relative you are at increased risk of colorectal cancer:

Grandmother(s)

Grandfather(s)

Aunt(s)

Uncles(s)

Nieces(s)

Nephew(s)

Second degree relatives

If you checked more than 2 relatives you are at increased risk of colorectal cancer:

## Breast cancer

Have any of your relatives been diagnosed with breast cancer?

Father

Grandfather(s)

Brother(s)

Uncle(s)

Nephew(s)

Son(s)

Male relatives

If you checked more than 1 relative you are at increased risk of breast cancer:

Mother

Sister(s)

Daughter(s)

If you checked more than 1 relative you are at increased risk of breast cancer:

First degree relatives

Second degree relatives

Aunt(s)

Nieces(s)

If you checked more than 2 relatives you are at increased risk of breast cancer:

## Prostate cancer

Have any of your relatives been diagnosed with prostate cancer?

Father

Brother(s)

Son(s)

First degree relatives

If you checked more than 1 relative you are at increased risk of prostate cancer:

Grandfather(s)

Uncles(s)

Nephew(s)

Second degree relatives

If you checked more than 2 relatives you are at increased risk of prostate cancer: