

# GATHERING YOUR HEALTH HISTORY

Use this health history tree to organize family health information and understand inherited risks, helping providers personalize preventive care and screenings.

The diagram is a stylized tree with a central trunk labeled 'ME'. The trunk branches out into two main paths. The left path has three levels: 'SIBLINGS', 'UNCLE(S)', and 'AUNT(S)'. The right path has three levels: 'SIBLINGS', 'UNCLE(S)', and 'AUNT(S)'. Above the 'AUNT(S)' boxes on both sides are two 'GRANDPA' boxes and two 'GRANDMA' boxes. The 'MOM' and 'DAD' boxes are positioned between the 'AUNT(S)' and 'UNCLE(S)' boxes on the left and right sides respectively. All boxes are white with a purple border and are set against a background of a tree with green leaves and a brown trunk.

## HEALTH CONDITIONS

- **Cardiovascular issues:** Heart disease, stroke, high blood pressure (hypertension)
- **Metabolic conditions:** Diabetes, high cholesterol, obesity
- **Mental health:** Depression, anxiety, panic attacks, suicide
- **Bone and joint issues:** Osteoporosis, fibroids, endometriosis
- **Reproductive health:** Miscarriages, stillbirths, early menopause, preterm birth
- **Cancers:** all types
- **Genetic and inherited conditions:** Sickle cell, birth defects
- **Blood disorders:** Anemia, severe aplastic anemia
- **Sleep disorders**
- **Neurological issues:** Severe headaches/migraines

## TIPS FOR COLLECTING YOUR FAMILY HEALTH HISTORY

### 1. Start the Conversation

Engage family members at gatherings, events, or casual conversations. Grandparents or older relatives are often great sources as “family historians.”

### 2. Use Available Resources

Look through family trees, records, baby books, photo albums, and any religious or medical documents that might hold valuable family health information.

### 3. Plan Individual Chats

Schedule one-on-one conversations with specific family members to get more detailed health insights. Respect boundaries, as not everyone may feel comfortable sharing.

### 4. Stay Updated & Share

Refresh your family health history regularly, ideally every couple of years, or annually.