

A Guide for Collecting Your Family Health History

Name of family member: _____

Relationship to you: _____ Mother's side or father's side: _____

Ethnicity: _____

Name of diseases or medical conditions (or description of it): _____

How old was the family member when diagnosed with this disease or condition? _____

What were their symptoms? _____

Did he/she die from this disease or condition? _____

Questions to Ask

Do we have heart disease, diabetes, high blood pressure, high cholesterol or other chronic diseases in our family?

Did any family members have cancer and if so, what type, and how old were they when they were diagnosed?

Have you or any of our relatives had other serious diseases like cancer? Stroke?

How old were you (or a relative) when your diseases or conditions were diagnosed?

Do you recall if any of our close relatives took any over-the-counter or prescription medications on a regular basis? If so, for what?

Do you know of any family members who experienced difficulties in pregnancy or childbirth? What kinds of difficulties?

What do you know about our family's ancestry?
What countries did our ancestors come from?

How old were our relatives when they passed away?
What were the causes?

Other questions or important notes:

**As you build your family's health history, be sure to share what you've learned with your doctor during your next visit.
Looking for a new primary care doctor near you? Visit metrohealth.org/physiciandirectory.**

