

KNOW WHAT RUNS IN YOUR FAMILY

A Family Health History Worksheet

Why this matters: Family health history can help your healthcare team identify patterns that may affect screening, prevention, genetic counseling, or other care decisions. You do not need perfect information - record what you know and mark what you are unsure about.

Start with biological parents, siblings, children, grandparents, aunts, uncles, nieces and nephews. Include both maternal and paternal sides.

1. MY FAMILY HEALTH HISTORY

Relative	Mom/Dad Side	Condition / Diagnosis	Age Diagnosed	Age / Cause of Death	Genetic Testing?
Mother					
Father					
Sibling					
Sibling					
Grandparent					
Grandparent					
Grandparent					
Grandparent					
Aunt / Uncle					
Aunt / Uncle					
Other					

Tip: Be specific when possible. "Breast cancer at 42" or "heart attack at 44" is more useful than "cancer" or "heart problems." An estimate such as "early 40s" is still helpful.

2. PATTERNS I NOTICED

Multiple relatives with the same condition:

Conditions diagnosed at unusually young ages:

Heart attacks, strokes, aneurysms, blood clots, or sudden deaths:

Cancers in the family - include the specific type when known:

Known genetic conditions or genetic testing:

Other information I want my healthcare provider to know:

3. QUESTIONS FOR MY HEALTHCARE PROVIDER

- ☐ Does my family history change my risk for any conditions?
- ☐ Should I begin any screenings earlier than normally recommended?
- ☐ Do I need different or more frequent screening?
- ☐ Does anything suggest genetic counseling or genetic testing?
- ☐ Are there specific labs or preventive screenings I should receive?
- ☐ What lifestyle changes could help reduce my risks?
- ☐ What information should I ask other relatives to find out?
- ☐ Is there information my children, siblings, or other relatives should know?

Your family history doesn't have to be perfect to be useful. Write down what you know, mark what you're unsure about, and bring this worksheet to your healthcare provider.

Keep it current. Update it when a close relative receives a major diagnosis, has a heart attack or stroke, develops cancer, receives genetic test results, or when you learn new family information.

Educational use only. This worksheet does not diagnose disease or determine individual genetic risk. Discuss personal screening and testing decisions with a qualified healthcare professional or genetic counselor.

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