



History Repeats

Know your family's health history

*It may be your best chance
of a healthy future*



HP11274 MAY '10 24672

Better health for you and your family.

For more information or if you are concerned, please talk to your doctor.

Write your questions and notes here:

For answers to frequently asked questions about family health history, please visit the Office of Population Health Genomics website at:
www.genomics.health.wa.gov.au

Produced by the Office of Population Health Genomics
© Department of Health 2010



Benefits of knowing your family health tree

You are able to identify family health patterns early. Then together with your doctor you can take steps to reduce your risk, or get early treatment.

Pass this knowledge onto your relatives and children to help them plan for their future health.

What to remember

- Speak to your relatives and then fill in the family health tree.
- Look for any of the listed conditions that develop before the age of 60.
- Note if anyone died suddenly.
- It is a good idea to speak to relatives about what you find. They can then see their doctor and get advice to reduce their own risk.
- If your family does not have a history of a health condition it is still best to eat well, exercise and not smoke.
- It is not always possible to be sure if a condition runs in the family. Contact your doctor if there is anything that concerns you.

What to talk to your doctor about?

- Relatives with the same condition.
- Relatives that died early or suddenly.
- Relatives with a condition before the age of 60.
- Anything you are concerned about.



Family Health Tree

Father's side

Mother's side

Grandfather	Grandmother
Initials _____ M / F	Initials _____ M / F
DOB/D _____ / _____	DOB/D _____ / _____
Conditions and age began	Conditions and age began
_____	_____
_____	_____
_____	_____
_____	_____

Grandfather	Grandmother
Initials _____ M / F	Initials _____ M / F
DOB/D _____ / _____	DOB/D _____ / _____
Conditions and age began	Conditions and age began
_____	_____
_____	_____
_____	_____
_____	_____

Write down family members:

- Initials/Sex (M/F)
- Year of birth and/or death (DOB/D)
- Any major health conditions (Conditions and age began)

Aunt/Uncle	Aunt/Uncle	Aunt/Uncle	Father	Mother	Aunt/Uncle	Aunt/Uncle	Aunt/Uncle
Initials _____ M / F	Initials _____ M / F	Initials _____ M / F	Initials _____ M / F	Initials _____ M / F	Initials _____ M / F	Initials _____ M / F	Initials _____ M / F
DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____
Conditions and age began	Conditions and age began	Conditions and age began	Conditions and age began	Conditions and age began	Conditions and age began	Conditions and age began	Conditions and age began
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

- What conditions to record?**
- Heart disease HD
 - Cancers C
 - Diabetes D
 - High blood pressure BP
 - High cholesterol HC
 - Stroke S
 - Mental illness M
 - Asthma A
 - Osteoporosis O

Brother/Sister	Brother/Sister	Brother/Sister	You
Initials _____ M / F	Initials _____ M / F	Initials _____ M / F	Initials _____ M / F
DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____	DOB/D _____ / _____
Conditions and age began	Conditions and age began	Conditions and age began	Conditions and age began
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Your best chance of a healthy future may be knowing about your past.

Use the family health tree to write about major health issues in your family.

Why collect your family health history?

It is useful to discover conditions that 'run in the family'. By finding out your family's health history, you can see any patterns of conditions. Then you can ask your doctor if this means you are at risk. If you find out early enough, you can take steps to reduce your risks and get early treatment.

What do I do?

Simply fill in your family's health tree.

- Talk to your relatives.
- Ask about major health conditions:
 - what age it started
 - what age past relatives died
 - what conditions developed before the age of 60.
- Talk about the results with your doctor.

Remember that talking about family health matters can be hard for some people, and needs to be done with care.