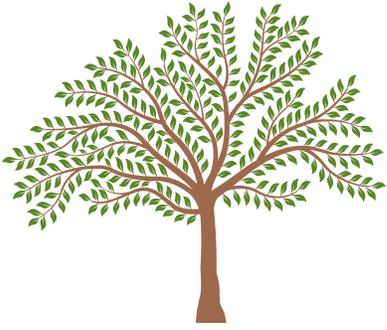


# Medical Family Tree



## Knowing your family medical history could save your life.

Studies show that uncovering diseases and health problems that lurk in your family tree can help predict illnesses that you and your family are likely to face. By knowing your family medical history, you and your physician can determine your risk for developing hereditary medical conditions. You may be able to prevent or delay the onset of these medical conditions, or your physician may be able to detect problems earlier through special screenings and tests.

**Hello humankindness®**

### **Which diseases should I look for in my family's medical history?**

Look for the following diseases that tend to run in families: Alzheimer's, cancer, diabetes, heart diseases, joint diseases, obesity, osteoporosis, Parkinson's disease, thyroid problems, allergies, asthma and glaucoma.

### **What causes of death are important to note?**

The cause of death is especially notable if the cause of death was one of the medical conditions listed in the previous question. Also, if the person died at a relatively young age, that should also be noted.

### **How does my relatives' health affect me?**

Your biological parents, siblings and children share half of your genes and, therefore, any hereditary conditions that they may have will have a greater chance of affecting you. Grandparents, aunts and uncles, and nieces and nephews share 25% of your genes. Great-grandparents and cousins share even less of your genetic makeup. However, any pattern is significant as it increases your risk of developing that condition.

If there is not enough space provided for the health history of every member of your family on the following pages, please use additional sheets of paper.

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Community Outreach Department  
1003 Willow Creek Road  
Prescott, Arizona 86301  
(928) 771-5686  
[DignityHealth.org/YRMC](http://DignityHealth.org/YRMC)



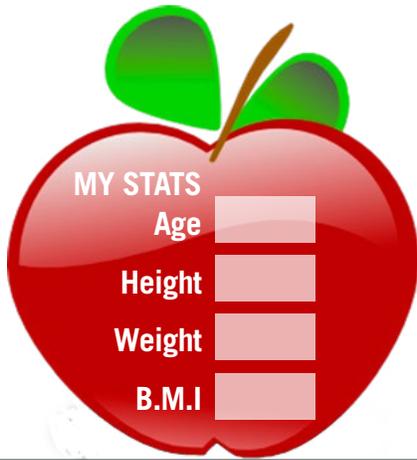
**Dignity Health®**

Yavapai Regional Medical Center

# MY FAMILY HEALTH TREE

This Tree belongs to: \_\_\_\_\_

## Paternal Side



### Father: \_\_\_\_\_

Still Living?  Y  N If no, cause: \_\_\_\_\_

HBP/Cholesterol?  Y  N

Diabetes?  Y  N

Breast Cancer?  Y  N

Heart Disease?  Y  N

Substance Abuse?  Y  N

Colon Cancer?  Y  N

Stroke?  Y  N

Depression?  Y  N

### Paternal Grandmother: \_\_\_\_\_

Still Living?  Y  N If no, cause: \_\_\_\_\_

HBP/Cholesterol?  Y  N

Diabetes?  Y  N

Breast/Ovarian Cancer?  Y  N

Heart Disease?  Y  N

Substance Abuse?  Y  N

Colon Cancer?  Y  N

Stroke?  Y  N

Depression?  Y  N

### Paternal Grandfather: \_\_\_\_\_

Still Living?  Y  N If no, cause: \_\_\_\_\_

HBP/Cholesterol?  Y  N

Diabetes?  Y  N

Breast Cancer?  Y  N

Heart Disease?  Y  N

Substance Abuse?  Y  N

Colon Cancer?  Y  N

Stroke?  Y  N

Depression?  Y  N

### Sibling: \_\_\_\_\_

Still Living?  Y  N If no, cause: \_\_\_\_\_

HBP/Cholesterol?  Y  N

Diabetes?  Y  N

Breast/Ovarian Cancer?  Y  N

Heart Disease?  Y  N

Substance Abuse?  Y  N

Colon Cancer?  Y  N

Stroke?  Y  N

Depression?  Y  N

### Sibling: \_\_\_\_\_

Still Living?  Y  N If no, cause: \_\_\_\_\_

HBP/Cholesterol?  Y  N

Diabetes?  Y  N

Breast Cancer?  Y  N

Heart Disease?  Y  N

Substance Abuse?  Y  N

Colon Cancer?  Y  N

Stroke?  Y  N

Depression?  Y  N

### Other: \_\_\_\_\_

Still Living?  Y  N If no, cause: \_\_\_\_\_

HBP/Cholesterol?  Y  N

Diabetes?  Y  N

Breast/Ovarian Cancer?  Y  N

Heart Disease?  Y  N

Substance Abuse?  Y  N

Colon Cancer?  Y  N

Stroke?  Y  N

Depression?  Y  N

## Maternal Side

### Mother: \_\_\_\_\_

Still Living? Y N If no, cause: \_\_\_\_\_

HBP/Cholesterol? Y N

Diabetes? Y N

Breast Cancer? Y N

Heart Disease? Y N

Substance Abuse? Y N

Colon Cancer? Y N

Stroke? Y N

Depression? Y N

### Maternal Grandmother: \_\_\_\_\_

Still Living? Y N If no, cause: \_\_\_\_\_

HBP/Cholesterol? Y N

Diabetes? Y N

Breast/Ovarian Cancer? Y N

Heart Disease? Y N

Substance Abuse? Y N

Colon Cancer? Y N

Stroke? Y N

Depression? Y N

### Maternal Grandfather: \_\_\_\_\_

Still Living? Y N If no, cause: \_\_\_\_\_

HBP/Cholesterol? Y N

Diabetes? Y N

Breast Cancer? Y N

Heart Disease? Y N

Substance Abuse? Y N

Colon Cancer? Y N

Stroke? Y N

Depression? Y N

### Sibling: \_\_\_\_\_

Still Living? Y N If no, cause: \_\_\_\_\_

HBP/Cholesterol? Y N

Diabetes? Y N

Breast/Ovarian Cancer? Y N

Heart Disease? Y N

Substance Abuse? Y N

Colon Cancer? Y N

Stroke? Y N

Depression? Y N

### Sibling: \_\_\_\_\_

Still Living? Y N If no, cause: \_\_\_\_\_

HBP/Cholesterol? Y N

Diabetes? Y N

Breast Cancer? Y N

Heart Disease? Y N

Substance Abuse? Y N

Colon Cancer? Y N

Stroke? Y N

Depression? Y N

### Other: \_\_\_\_\_

Still Living? Y N If no, cause: \_\_\_\_\_

HBP/Cholesterol? Y N

Diabetes? Y N

Breast/Ovarian Cancer? Y N

Heart Disease? Y N

Substance Abuse? Y N

Colon Cancer? Y N

Stroke? Y N

Depression? Y N



Notes

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*“In every conceivable manner, the family is link to our past, bridge to our future.”*

— ALEX HALEY