

Family health history

Some conditions run in families. Knowing your history helps guide screening and prevention.

Ask relatives if you can. Note the condition and roughly how old they were when it was diagnosed. Leave blank anything you do not know.

Relative	Health conditions (and age at diagnosis)	Alive? / age or cause of death
Mother		
Father		
Sister(s)		
Brother(s)		
Mother's mother		
Mother's father		
Father's mother		
Father's father		
Aunts / uncles		
Children		
Other		

Tick any that run in your family

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| ☐ Heart disease or stroke | ☐ High blood pressure |
| ☐ High cholesterol | ☐ Diabetes (type 1 or 2) |
| ☐ Breast cancer | ☐ Ovarian cancer |
| ☐ Bowel cancer | ☐ Other cancer |
| ☐ Osteoporosis | ☐ Thyroid disease |
| ☐ Endometriosis or PCOS | ☐ Early menopause (before 45) |
| ☐ Mental health conditions | ☐ Dementia |
| ☐ Bleeding or clotting disorder | ☐ Genetic condition |

Family background or ancestry that may be relevant (optional)
