

## The Five-Point Plan

# Know Your History

*"We've got to get the big picture: Your doctor needs to know if your mother, father, uncles, aunts, or grandparents had diabetes, heart conditions, or cancer. We also need to know what kind of work you do..."*

*– Dr. Frank Meza*

*Kaiser Permanente, Family Medicine*



**Y**our parents may have given you beautiful eyes and hair, but that's not all: You have aspects of their health – both good and bad – as well.

While that may mean that you are at risk for a variety of conditions, such as heart disease or diabetes, the good news is that you have an opportunity to avoid those problems simply by knowing your family health history and sharing it with your doctor.

At the next family gathering, take time to find out about the health history of your grandparents, aunts and uncles. It may not be easy to get family members to talk about health problems, but you can change that if you let them know that the information can improve the health of other family members.

Sometimes your family members may have had conditions that went undiagnosed. For example, if your grandmother's brother was always thirsty and lost a lot of weight, it may have been a sign of diabetes. Talk about the way your family members lived, their medical conditions, their cause of death and when they died. Write it down so you can discuss it with your doctor.



Lifestyle information is important: If someone in the family drank alcohol often and died young, it is important to know. It is also good to know if anyone in the family did not eat certain nuts or foods because it caused an allergic reaction. Lastly, mental health is an essential part of overall health: Try to find out if people in your family had depression or how they dealt with personal issues.

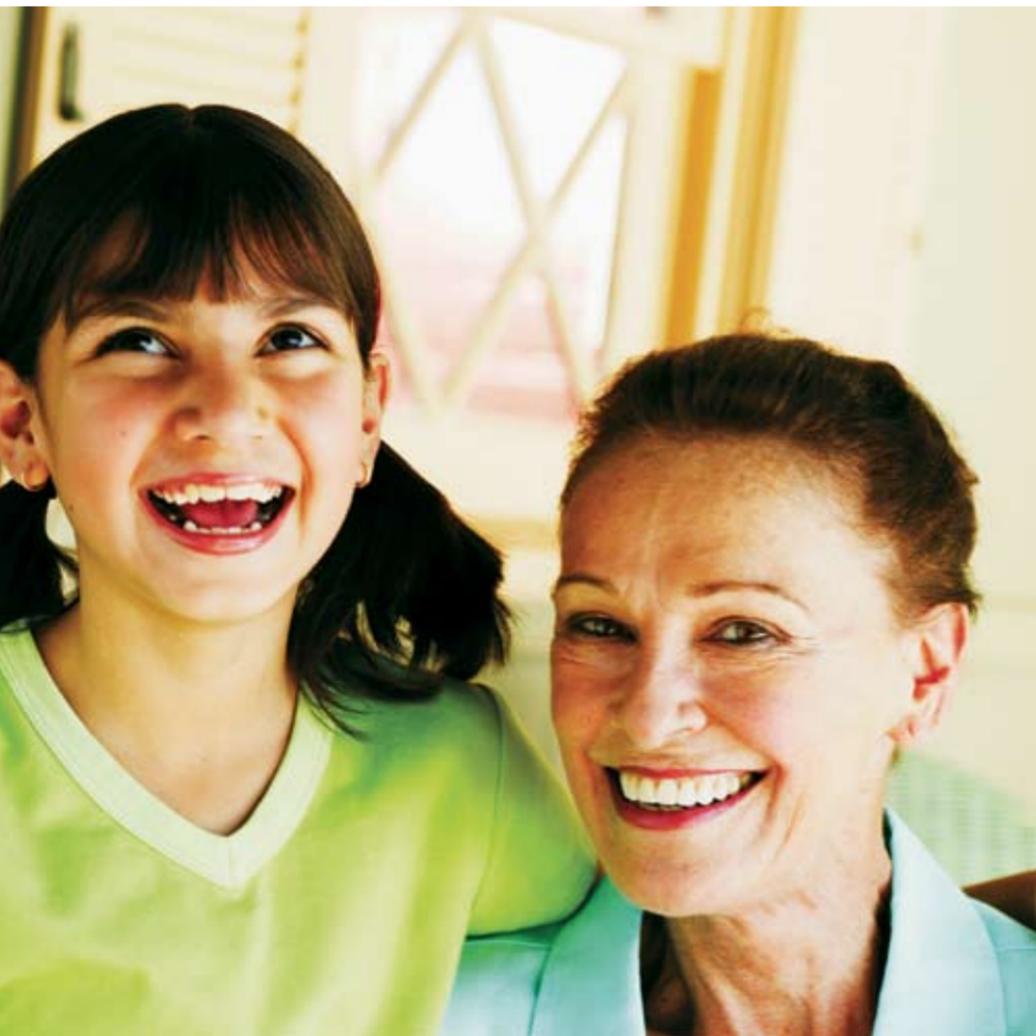


Remember that when you are asking your questions, it is always good to share loving or humorous stories about the family members you are discussing. Many Latinos celebrate life, death and rebirth (Día de los Muertos /Day of the Dead/All Souls Day). By talking about your family's health, you are honoring the past to make a better future.

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***Resource:***

<https://familyhistory.hhs.gov/>





## Family Medical History:

Family Member	Mother	Father	Grandparents
Name			
Age died			
High blood pressure			
High cholesterol			
Heart problems			
Stroke			
Diabetes			
Asthma			
Cancer			
Other disease			



## Family Medical History:

(continued)

Family Member	Brothers and Sisters	Children
Name		
Age died		
High blood pressure		
High cholesterol		
Heart problems		
Stroke		
Diabetes		
Asthma		
Cancer		
Other disease		