

FAMILY HEALTH HISTORY

Genetics contribute to our risk of developing certain diseases and disorders. Research has found a genetic influence in many common disorders including heart disease, diabetes, depression, asthma, alcoholism, and certain forms of cancer. Knowing that a specific disease runs in your family allows you to watch for early warning signs and be screened earlier than you otherwise would.

Looking at your family health history can help you make important decisions about behaviors such as diet, maintaining a healthy weight, moderating alcohol consumption, and keeping physically active. For example, an individual with a family health history of high cholesterol can increase physical activity and pay special attention to certain aspects of their diet.

Generally, the more relatives with a genetically linked disease and the closer they are related to you, the greater your risk of having the disease.

Follow the steps below to complete your Family Health History assignment. **PLEASE DO NOT** use the actual names of your family members. Refer to them as brother, sister, mom, dad, maternal grandmother, uncle, self, etc.

1. The **primary relatives** to include in your family health history are:
 - Paternal grandparents (dad's parents)
 - Maternal grandparents (mom's parents)
 - Parents
 - Uncles
 - Aunts
 - Your siblings
 - Yourself

2. Record the following **key factors** about each of your primary relatives.
 - Date of birth
 - Major diseases (some examples are listed below, if any)
 - Heart disease
 - Diabetes
 - Osteoporosis
 - Cancer, etc.
 - Health-related conditions (some examples are listed below, if any)
 - High blood pressure (hypertension)
 - High cholesterol
 - Asthma, etc.
 - Overweight, obesity
 - Health-related habits (some examples are listed below, if any)
 - Smoking
 - Drinking
 - Inactivity, etc.

3. For *deceased relatives*, include the information listed below.
 - Age at death
 - Cause of death

4. Once you have completed your Family Health History key factors, determine which diseases, health-related conditions and habits are the most prominent in your family.

5. Write a two-page paper; 12 font, double spaced, 1" margins.
 Include the information listed below.:
 - What did you learn from completing your family health history?
 - Indicate which diseases, health-related conditions and habits are prominent in your family.
 - What preventative measures could you take to delay or avoid the onset of any health problems?
 - **Include at the end of your paper, your family tree information on each family member.**
 - Example:

<u>Maternal Great Grandma</u> 1909 -1999 (old Age) 90 yrs old Arthritis High Blood Pressure Normal weight Parkinson's Sharp mental functions	<u>Maternal Great Grandpa</u> 1908 hip & knee replacement Cancer - Gallbladder Glaucoma Over Weight Migraines
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6. Send your Family Health History (key facts about your primary relatives) and one to two-page paper (which includes your research paper topic) to your instructor through the Submission Box.

NOTE: Attachments submitted in a format other than **.doc** (Microsoft Word) or **.pdf** cannot be read. Make sure that you select "**save as: .pdf or .doc**" when you save your assignment before you submit it for grading.