

Family Health History Can Matter

Do you know yours?

Do you know if a member of your family has or has had the following conditions

- Diabetes type 2
- High cholesterol
- Breast, ovarian, bowel or prostate cancer

If you answered **YES**, tell your doctor. It can help with advice about early detection and prevention

If you answered **I DON'T KNOW**, try to find out from your family. Note the information down in 'MY FAMILY HEALTH RECORD' on this card and take it to your doctor for advice.

If you answered **NO**, and you can't find out, start 'MY FAMILY HEALTH RECORD' with yourself and keep it for future generations.

My Family Health Record

My name.....

Date _____ Updated on _____ Updated on _____

Relationship to me	Relative's name: male (M) or female (F)	Age (current) or year of birth	Health condition and age when it occurred or when relative died
Me			
Mother			
Father			

What do we mean by family ?

(for my family health history)

Family refers to relatives related to you by birth including your mother, father, their brothers and sisters, grandparents, your brothers and sisters and children

If you have concerns about these conditions call:

Diabetes Australia NSW.....1300 136 588

Heart Foundation Heartline.....1300 362 787

Cancer Council Helpline131 120

Familial Hypercholesterolaemia

Clinical Support Service02 9845 7990

The Centre for Genetics Education has information about collecting your family health history on

www.genetics.com.au