



Did you know?
 A new cancer diagnosis in your family can affect your own screening schedule.



Update your **FAMILY MEDICAL HISTORY** to pinpoint your cancer risk

One of the most important clues to your risk of developing cancer and other conditions is your family medical history. Twenty-two percent of people have a genetic predisposition to cancer. And as you and your relatives get older, it's important to keep

your history up to date. The reason: A cancer diagnosis in a sibling, parent or other family member could affect your own risk and, in turn, change your screening schedule. Indeed, a new study in the *Journal of the American Medical Association* shows that

many folks first enter a high-risk category for colon, breast and prostate cancers between the ages of 30 and 50. So use this worksheet to note your relatives' significant health problems, such as cancer, diabetes, heart disease, stroke and depression.

YOU

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR FATHER

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR MOTHER

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR BROTHER/SISTER

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR AUNT/UNCLE

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR FATHER'S FATHER

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR AUNT/UNCLE

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR MOTHER'S FATHER

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR FATHER'S MOTHER

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

YOUR MOTHER'S MOTHER

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____

How often?
 Update your family medical history at least once every five to 10 years between ages 30 and 50.



YOUR DAUGHTER/SON

Date of birth: _____
 Date of death: _____
 Cause of death: _____
 Illnesses: _____
 Age at diagnosis: _____