A Healthy Conversation

You'll Be Thankful to Know Your Family's Health History

Family Health History Day is observed each Thanksgiving. As you gather to give thanks, spend a few minutes talking about your family's health history. Knowing your family's health risks can help you and future generations stay healthier.



Why It Matters

Family history can reveal risk factors for health conditions including:

- Heart disease
- Diabetes
- Osteoporosis
- Asthma
- Sickle cell disease

Several types of cancer such as:

- Breast cancer
- Ovarian cancer
- Colorectal cancer
- Uterine cancer

Discuss As a Family

- Has anyone had heart disease, high blood pressure, high cholesterol or diabetes?
- Has anyone been diagnosed with cancer or had a stroke? What type?
- How old were they when they were diagnosed?
- What were the causes and ages of death of relatives who have passed away?
- What is our family's ancestry and heritage?

Take Action

- Record your family health history.
- Share it with your healthcare provider.
- Ask whether you may benefit from earlier or additional screenings.

A simple conversation today could help protect generations tomorrow