



Know Your Family Health History

Each day, more and more people choose to eat healthier, exercise, or get screened for diseases such as high blood pressure, diabetes, and cancer. These actions are essential in maintaining good health. But, many individuals still ignore medical genealogy as necessary information that can be used to help avoid these diseases.

About 96 percent of Americans believe that knowing their family medical history is important to their health – that it could in fact save their lives. However, according to the Centers for Disease Control and Prevention (CDC), only one-third have ever tried to gather and organize their families' health history.

Your doctor can use your family medical history to determine your risk for certain medical conditions, and to recommend treatments and lifestyle changes. This information may assist the procedure for determining what tests and screenings to order, identifying conditions that might otherwise not be considered, and assessing your risk for passing diseases on to your children.

Your medical family tree should include the following information for at least three generations:

- Sex
- Date of birth
- Age and cause of death
- Diseases or medical conditions
- Behavioral factors including diet, exercise, smoking and drinking habits, and history of weight problems

Source: American Cancer Society



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.