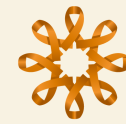


Engaging the Generations

A guide for talking with relatives about your family's health history



CREATE

CANCER RESEARCH EQUITY & ADVOCACY THROUGH ENGAGEMENT

1

Start the conversation.

Ask your family members about their health. Listen and learn more about any chronic health diseases or history of cancer that may run in your family.

4

Look for trends and changes.

If a health problem runs in your family, you can take steps to reduce your risk. Get screened, consider genetic testing, or look into joining a clinical trial.

2

Write it down.

Use the Family Health Tree on the reverse page to note all health conditions mentioned. Be sure to include their age at diagnosis.

5

Update it often.

Family reunions, vacations, and holiday gatherings are all great opportunities to explore and update this information together.

3

Make copies and share.

Share this information with your doctor and your family members, across genders and ages. Give copies to your relatives, and encourage them to speak to their doctor too.



Family Health Tree

Explore your family's health one branch at a time.

Grandparent

Grandparent

Grandparent

Grandparent

Aunt/Uncle

Aunt/Uncle

Parent

Parent

Aunt/Uncle

Aunt/Uncle

Sibling

Me

Sibling

Sibling

Ask each family member about chronic health conditions such as:

- a history of cancer of any kind
- heart disease
- high blood pressure
- diabetes
- stomach or bowel problems



Scan below to learn more about clinical trials:



Scan here to learn more about genetic screening:

