FOR MY DOCTOR · SUMMARY (COPY 1 OF 2)

My family health history

Loose printable copy: yourbodydecoded.org/family-summary

Name: _____ Born: _____ Ancestry (if relevant): _____

RELATIVE	SIDE	CONDITION	AGE IT STARTED	NOW / DIED AT	SURE

PATTERNS I NOTICED

☐ Heart disease in a parent or sibling before 55 (men) / 65 (women)

☐ Cancer before 50, or 2+ related cancers on one side

☐ Colon cancer or advanced polyp in a parent or sibling before 60

☐ Sudden unexplained death under 50

NOTES

MY OWN HEALTH: CONDITIONS AND THE AGE THEY STARTED

SCREENING AND TESTS I'VE HAD (WHAT, WHEN, RESULT)

GENETIC TESTS ANYONE IN THE FAMILY HAS HAD (WHO, RESULT)

QUESTIONS I WANT ANSWERED

FOR MY DOCTOR

Questions to ask, by pattern

Only ask the rows for patterns you ticked. Tick a row once it's answered.

IF MY FAMILY HAS...	ASK	ASKED
Heart p. 90	Should my cholesterol be checked now, rather than at the usual age?	☐
Stroke and blood pressure p. 92	How often should my blood pressure be checked, and would home readings help?	☐
Diabetes p. 94	Should I have my blood sugar (HbA1c) tested now?	☐
Bowel cancer p. 96	When should my first colonoscopy be, and how often after that?	☐
Breast, ovary, prostate, pancreas p. 98	Do I meet the criteria for genetic counseling and testing?	☐
Prostate, eyes and more p. 100	Should I have an eye exam that checks for glaucoma now?	☐
Mood and drinking p. 102	Does my family history change what you'd watch for, or which treatment you'd try first?	☐
Memory p. 104	Is my family pattern a reason for genetic counseling, or is it the common kind?	☐
Sudden death p. 106	Should my family members and I have an ECG, an echo or a referral to a heart genetics clinic?	☐
Pregnancy and children p. 108	Which carrier screening do you recommend for us, and should my partner be tested too?	☐
Gut, blood and immune p. 110	Should I be tested for celiac disease, even with mild symptoms?	☐
When history is missing p. 112	With my history unknown, which screening tests should I have, and when?	☐

NOTES