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## 10 Questions to Ask Your Family

### 1 | What traits seem to run in our family?

(You don't have to ask only about health – start with anything from your family's blue eyes or curly hair to your height and personality – just get your family talking.)

### 2 | Did my family members have any health problems?

### 3 | How old were my family members when their health problem started or was diagnosed?

### 4 | How old were my family members when they died?

(If you don't know exact dates, ask about the approximate age at death.)

### 5 | What were the reasons they died?

(Note if the cause of death was unknown.)

### 6 | Were there any pregnancy losses or babies born with birth defects?

### 7 | Where were my family members born?

(Ethnicity can be a risk factor for some health problems.)

### 8 | Did any of my family members smoke? If yes, how much and for how long?

### 9 | What other lifestyle habits did my family members have?

(For example: Did they exercise regularly? Were any overweight or extremely thin? Did any have addictive behaviors?)

### 10 | What types of allergies did my family members have?

(For example: hay fever, food or medication allergies)

#### References:

•Daus, Carol. Past Imperfect: How tracing your family medical history can save your life. California: Santa Monica Press, 1999.

•[MayoClinic.com](http://MayoClinic.com). How to compile your family medical history



Make  
Family  
Health  
History a  
Tradition