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Staying in the Circle of Life

Family History & Genetics

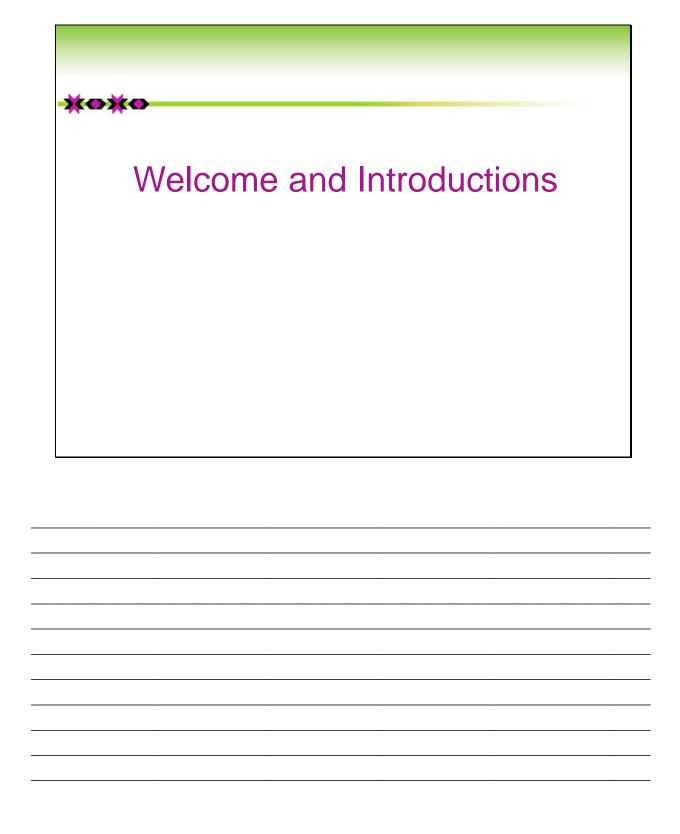
Closing

Session 6









What We Will Talk About Today



- What is family health history?
- How can you collect your own family health history?
- How does family health history relate to genetics?
- How can knowing your family health history help you and your family stay healthy?

What is family health history?



- Family health history is information about diseases and health conditions that affect members of your family.
- This information helps your doctor assess your genetic risk of various diseases.
- It also helps you seek appropriate screenings at the appropriate time for yourself and your children.

Family Health History Can Be . . .



... a gift or legacy from generations before us . . .

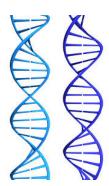
It's about sharing the story of your family's health to help you understand and improve your own health, as well as the health of future generations.



About Genetics



- Family history is thought to be a good predictor of disease risk because a person inherits a complete set of genes from each parent.
- Along with environmental factors, these genes either directly or indirectly contribute to a person's risk of developing an illness
- Your genes are thought to be strong risk factors in common illness such as cancer and cardiovascular disease.



*Genes, Behavior, and the Social Environment. http://www.ncbi.nlm.nih.gov/books/NBK19932/

How can family health history affect your own health?



- Some genes can increase your chance of developing certain diseases. When members of your family share health problems, you might be at risk for developing the same health problems in the future.
- You may be able to prevent illness by being aware of your family's health history.



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What kind of information should you collect?



Basic information to gather from each family member:

- Name and relationship to you (myself, parent, child, etc.)
- Date of birth (or your best guess for example, "the 1940s")
- Place of birth
- Ethnicity, race, and family origins
- Cancer history
- · Age and cause of death for relatives who are deceased

People to ask for information:

- Yourself
- Your parents
- · Your brothers and sisters
- Your children
- · Your extended family

How can you collect your family's health history?



Start with a Conversation!

Your relatives are the best source of information about family health history. Family stories are often shared during conversations at family events like birthday parties, weddings, reunions, religious gatherings, holiday dinners, and funerals. These events give you an opportunity to ask your family members about their health history.

How can knowing your family cancer history help you stay healthy?



- You can identify diseases that run in your family.
- You can learn how healthy lifestyle choices can reduce your risk of developing a disease.
- You can give a summary of your family health history to your healthcare provider.

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Things to Think About



- Family health history is a collection of information about diseases and health conditions that run in your family.
- Knowing about your family health history can help you make healthy choices.
- Sharing what you've learned can help your family and future generations stay healthy.

Activity						
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What We Will Talk About Next



- The experience of the group
- Things that were most helpful
- New personal goals for yourself and the group as a whole, now that you've come this far

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Things to Talk About



- How has coming to these sessions been helpful for you?
- What do you hope to continue doing after the these sessions end?
- Which areas of support are most important?

Things to Think About



- How has this group affected you?
- How can your experience here help you and your family in the days to come?
- How can you support other people whose experiences are similar to yours?
- Which new personal and group goals will you set after the sessions end?

****	Closing Circle	