



Your Family Medical History

Health problems often run in families, so it is important to know about the health of your birth family. This information can help your doctor provide better care.

Write what you know, then ask parents and other relatives for more information. Keep this chart updated every year or so and be sure to take a new copy with you when you see a new doctor so that he or she can keep it in their file.

Family Member	Name	Health problems and age when the problem began	If no longer living, cause of death and age at death
Mother			
Father			
Mother's mother			
Mother's father			
Father's mother			
Father's father			
Sister			
Brother			
