Family health history

Conditions that run in the family, and how old each person was when they started.

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THIS FAMILY HISTORY IS FOR

DATE FILLED IN

Me and my close family

RELATIVE	NAME	BORN / AGE	HEALTH CONDITIONS	AGE IT STARTED	IF DIED: AGE, CAUSE
Me					
Mother					
Father					
Sister / brother					
Sister / brother					
Sister / brother					
Child					
Child					
Child					

An approximate age is fine. Share this with your doctor.

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Family health history

Page 2: grandparents, aunts, uncles, nieces and nephews.

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Grandparents, aunts and uncles

RELATIVE	NAME	BORN / AGE	HEALTH CONDITIONS	AGE IT STARTED	IF DIED: AGE, CAUSE
Mother's mother					
Mother's father					
Father's mother					
Father's father					
Aunt / uncle (mother's side)					
Aunt / uncle (mother's side)					
Aunt / uncle (father's side)					
Aunt / uncle (father's side)					
Niece / nephew					

WHERE OUR FAMILY COMES FROM

WHO ELSE HAS A COPY

Update it when you learn something new, and share it with brothers, sisters and grown children.