



Finding the Roots of Better Health Today

Sometimes we inherit more than our physical appearance from the members of our family tree. There is a genetic component to cardiovascular diseases and conditions such as diabetes, high blood pressure, extra weight and more. This is why we may find repeated instances of such illnesses in our family histories. Take some time to dig up the health roots of your family. You may be surprised by what you find.

Interesting observations about the roots of heart health in my family:

For diseased relatives please note age at the time of death, and cause of death



You		
Mother		Father
Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____
Sibling		
Name _____ Health Issues _____		
Maternal Grandmother	Maternal Grandfather	Paternal Grandmother
Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____
Sibling		Paternal Grandfather
Name _____ Health Issues _____		Name _____ Health Issues _____
Aunt/Uncle	Aunt/Uncle	Aunt/Uncle
Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____
Aunt/Uncle	Aunt/Uncle	Aunt/Uncle
Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____
Aunt/Uncle	Aunt/Uncle	Aunt/Uncle
Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____



The national HeartCaring® program is powered by Spirit Health Group® and activated by U.S. hospitals that subscribe to the highest standards of excellence in women's health, education, and community outreach. HeartCaring is sponsored in part by The Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership, with educational support from the National Heart, Lung, and Blood Institute (NHLBI) *The Heart Truth*, the Vascular Disease Foundation, the Peripheral Arterial Disease (P.A.D.) Coalition, and the Venous Disease Coalition.