



Family History Tree

Fill in your family members' names in the blank boxes. Below that, put a check beside any of the health conditions that apply.

The diagram consists of a central trunk and several branches, each with a box for recording health information. The central trunk box is labeled "[Your Name Here]" and contains the following list of conditions:

- Diabetes
- Stroke
- High blood pressure
- Heart attack at an early age
- Obesity/Overweight
- High total cholesterol or LDL (bad) cholesterol
- Low HDL (good) cholesterol
- Smoking or exposure to secondhand smoke
- Physical inactivity
- Advancing age
- Atrial fibrillation
- Heart surgery
- Carotid artery disease
- Sickle cell disease
- Previous TIA ("mini stroke")
- High cholesterol
- Cancer _____ (type)

Each of the 11 surrounding boxes (representing family members) contains a similar list of conditions:

- Diabetes
- Stroke
- High blood pressure
- Heart attack
- Sickle cell disease
- High cholesterol
- Cancer _____ (type)

Use this tree to learn more about your family's health history. Identify blood-related family members who have suffered a stroke, or lived with high blood pressure or other serious health conditions. Then, share this Family History Tree

with your doctor or healthcare provider. They can tell you what you can do to reduce your risk of suffering a stroke. For more information and to start your own free, online family tree, visit empoweredtoserve.org.