

Ten Reasons to Collect Family Health History

1. You may be able to prevent disease through measures such as preventive medications, prophylactic surgeries, and lifestyle changes based on your family health history.
2. Family history information may allow for more frequent screening for disease, which in turn can catch the disease at an earlier stage when it may be more treatable.
3. Your children and future generations will benefit from your collection of the family health history, whether it is through understanding risks or genetic testing for heritable traits.
4. It is a simple tool to assess your risk for disease.
5. Collecting your family health history is free!
6. Everyone has a family history of something. Knowing what that is may reduce disease burden.
7. For some, collecting family history may save a life.
8. It may explain why you or a loved one experienced a certain health problem.
9. It may bring your family closer together by sharing experiences and information and offering support.
10. With some exceptions, it is a nearly universal health care tool.