

Covenant Cardiology My Family Tree Worksheet

Like many of your personal traits and characteristics, some health conditions can be genetically passed down from one generation to the next. If you are a direct descendent of anyone with heart disease, your risk for developing it is significantly higher. Heart disease can be passed down through families, but so can healthy habits that will help to better your chances of avoiding these health risks.

The more you know about your family's heart health history the more you can do to reduce your risk of heart disease. **Please fill in this family tree.** It will give you a clear picture of your family's health history and plainly show if you had or have blood relatives who have suffered from this disease. Talk with your doctor or health care provider about what this means to you and your family and what you can do to improve your heart health.

Grandmother
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____

Grandfather
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____

Grandmother
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____

Grandfather
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____

Father
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____

Mother
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____

Brother/Sister
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____

ME
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Obesity/overweight
 High total or LDL (bad) cholesterol
 Low HDL (good) cholesterol
 Smoking/second hand smoke
 Physical inactivity
 Advanced age
 Other _____

Brother/Sister
Name _____
 Diabetes
 Stroke
 High blood pressure
 Heart disease/heart attack
 Other _____