

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.

[Your Name Here]

- 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)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

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Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

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High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

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Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

Diabetes

Stroke

High blood pressure

Heart attack

Sickle cell disease

High cholesterol

Cancer _____ (type)

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.