

Family health history provides important context for understanding your individual health picture. Please complete as fully as you are able. If you do not know, write 'unknown.'

Parents

Mother

Living Deceased Unknown

If deceased, age and cause of death (if known)

Known significant health conditions (Mother)

Father

Living Deceased Unknown

If deceased, age and cause of death (if known)

Known significant health conditions (Father)

Siblings

Number of siblings

Known significant health conditions among siblings

Grandparents

Please note any significant health conditions or causes of death you are aware of among your grandparents.

Maternal grandmother

Maternal grandfather

Paternal grandmother

Paternal grandfather

Children (if applicable)

Number of children _____

Known significant health conditions among your children _____

Family History of Specific Conditions

Please check any conditions that have occurred in your immediate or extended family (parents, siblings, grandparents, aunts, uncles).

Cardiovascular

Heart disease Stroke High blood pressure High cholesterol Arrhythmia

Cancer

Breast cancer Colon / colorectal cancer Prostate cancer Lung cancer Skin cancer Other cancer

Metabolic

Type 1 diabetes Type 2 diabetes Thyroid disease Obesity

Neurological

Alzheimer's / dementia Parkinson's disease Multiple sclerosis Epilepsy / seizures Migraines

Mental health

Depression Anxiety Bipolar disorder Schizophrenia Addiction / substance use

Autoimmune

Rheumatoid arthritis Lupus Celiac disease Inflammatory bowel disease Psoriasis
 Other autoimmune

Musculoskeletal

Osteoporosis Arthritis (non-RA) Fibromyalgia Ehlers-Danlos Syndrome

Allergic / immune

Severe allergies / anaphylaxis Asthma Eczema MCAS / mast cell disorder

Reproductive

Endometriosis PCOS Premature menopause Infertility

Digestive

Colon polyps Liver disease Gallbladder disease Diverticular disease

Other

Kidney disease ME/CFS POTS / dysautonomia Blood clotting disorders

Additional notes on family health history:

Patterns and Context

Are there any health patterns or themes running through your family not captured above?

Is there anything about your family history particularly relevant to your current health situation?

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