



Finding the Roots of Better Health Today

Sometimes we inherit more than our physical appearance from the members of our family tree. There is a genetic component to cardiovascular diseases and conditions such as diabetes, high blood pressure, extra weight and more. This is why we may find repeated instances of such illnesses in our family histories. Take some time to dig up the health roots of your family. You may be surprised by what you find.

Interesting observations about the roots of heart health in my family:

For deceased relatives please note age at the time of death, and cause of death



You					
Name _____ Health Issues _____					
Mother	Father				
Name _____ Health Issues _____	Name _____ Health Issues _____				
Sibling					
Name _____ Health Issues _____					
Maternal Grandmother	Maternal Grandfather				
Name _____ Health Issues _____	Name _____ Health Issues _____				
Sibling					
Name _____ Health Issues _____					
Paternal Grandmother	Paternal Grandfather				
Name _____ Health Issues _____	Name _____ Health Issues _____				
Sibling					
Name _____ Health Issues _____					
Aunt/Uncle	Aunt/Uncle	Aunt/Uncle	Aunt/Uncle	Aunt/Uncle	Aunt/Uncle
Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____	Name _____ Health Issues _____



The national HeartCaring® program, developed in partnership with the National Heart, Lung, and Blood Institute (NHLBI) *The Heart Truth*, is powered by Spirit Health Group® and activated by US hospitals that aspire to the highest standards of excellence in women's health, education, and community outreach. HeartCaring is sponsored in part by The Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership, with educational support from the Vascular Disease Foundation, the Peripheral Arterial Disease (P.A.D.) Coalition, and the Venous Disease Coalition.