

## Healthcare provider card

### Summary of family health history

I am concerned about my family history of (check all that apply):

- |  |   |
|--|---|
| <input type="checkbox"/> Heart disease or heart attack     | <input type="checkbox"/> Breast cancer                          |
| <input type="checkbox"/> Stroke                            | <input type="checkbox"/> Ovarian cancer                         |
| <input type="checkbox"/> Sudden death/ruptured vessels     | <input type="checkbox"/> Endometrial (uterine) cancer           |
| <input type="checkbox"/> Bleeding/clotting disorders       | <input type="checkbox"/> Colon cancer                           |
| <input type="checkbox"/> High blood pressure               | <input type="checkbox"/> Other cancer: _____                    |
| <input type="checkbox"/> High cholesterol                  | <input type="checkbox"/> Mental health: _____                   |
| <input type="checkbox"/> Diabetes/sugar disease            | <input type="checkbox"/> Alzheimer's disease/dementia           |
| <input type="checkbox"/> Obesity                           | <input type="checkbox"/> Mental retardation/developmental delay |
| <input type="checkbox"/> Asthma                            | <input type="checkbox"/> Speech delay                           |
| <input type="checkbox"/> Hearing loss as child/young adult | <input type="checkbox"/> Birth defects                          |
| <input type="checkbox"/> Vision loss as child/young adult  | <input type="checkbox"/> Miscarriage/stillbirth                 |
| <input type="checkbox"/> Genetic conditions:               |   |

Identify family members with each condition checked, including age of diagnosis, current age or age at death and cause of death (use extra pages if needed).

Relationship	Condition	Age of onset	Current age	Age, cause of death
<i>Example:</i>				
<i>Brother</i>	<i>High blood pressure</i>	<i>35</i>		
<i>Mother</i>	<i>High blood pressure</i>	<i>40</i>	<i>45</i>	<i>65, stroke</i>

Be sure to include information about your children, siblings, mother and father, and remember to include relatives from both sides of the family.

After you complete this paper, bring it to your primary care provider.

## Resources for the provider

### Recognizing family risk (genetic red flags)

- ☐ Family history of known genetic disorder
- ☐ Multiple affected family members with same or related disorders
- ☐ Earlier age at onset of disease than expected
  - o Breast, ovarian and endometrial cancer <50 years (premenopausal)
  - o Colon and prostate cancer <50 years
  - o Stroke and non-insulin-dependent diabetes <50 years
  - o Dementia < 60 years
  - o Coronary artery disease <55 years in males and <65 years in females
- ☐ Sudden cardiac death in a person who seemed healthy
- ☐ Multifocal or bilateral occurrence in paired organs
- ☐ Ethnic predisposition to certain genetic disorders

### General guidelines for risk stratification

#### High risk:

1. Premature disease in a first-degree relative (sibling, parent or child)
2. Premature disease in a second-degree relative (CAD only)
3. Two affected first-degree relatives
4. One first-degree relative with late or unknown disease onset and an affected second-degree relative with premature disease from the same lineage
5. Two second-degree maternal or paternal relatives with at least one having premature onset of disease
6. Three or more affected maternal or paternal relatives
7. Presence of a “moderate risk” family history on both sides of the pedigree

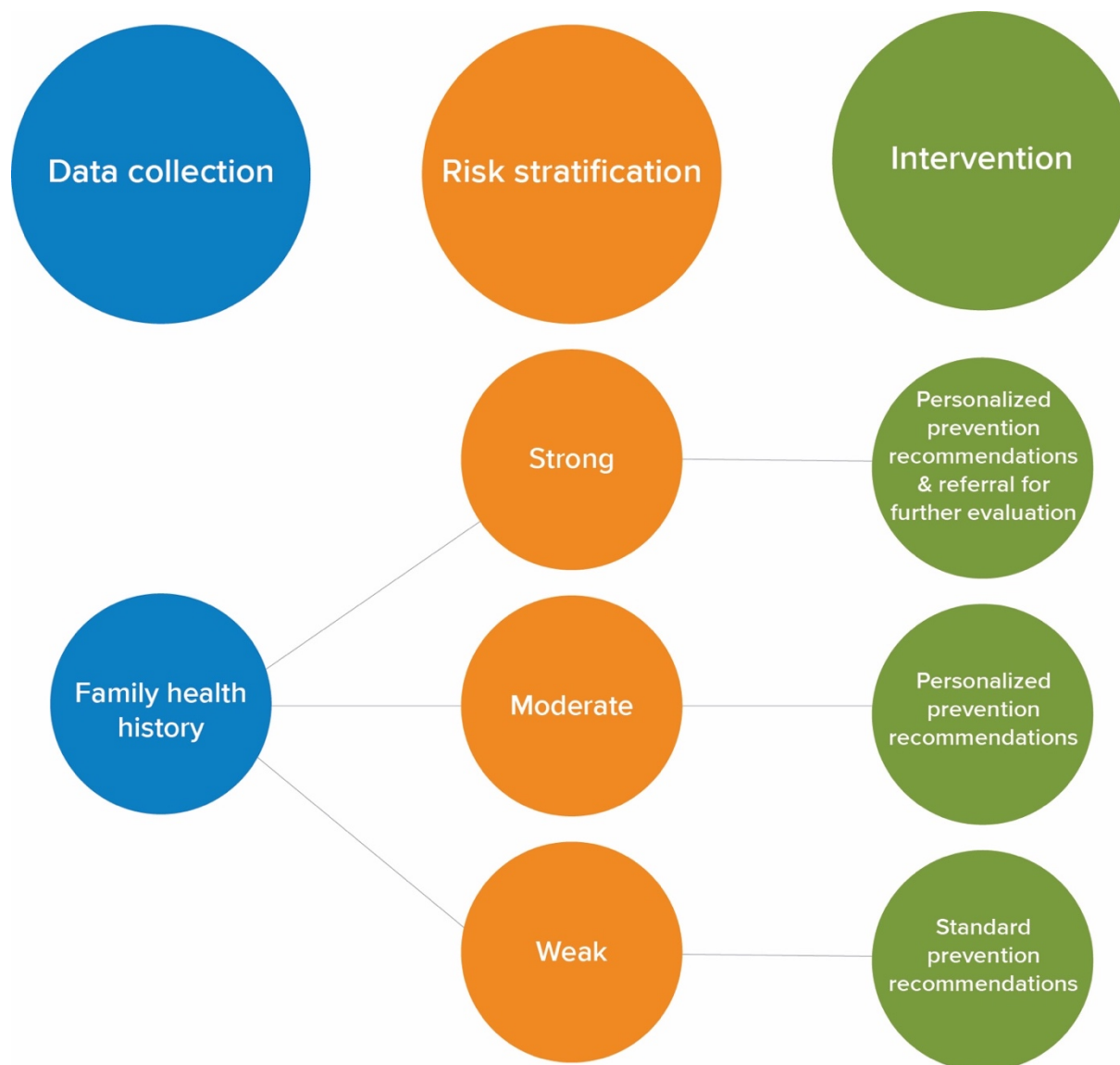
#### Moderate risk:

1. One first-degree relative with late or unknown onset of disease
2. Two second-degree relatives from the same lineage with late or unknown disease onset

#### Average risk:

1. No affected relatives
2. Only one affected second-degree relative from one or both sides of the pedigree
3. No known family history
4. Adopted person with unknown family history

*Scheuner et al., Am J Med Genet 1997; 71:315–324*



#### Family history website resources

1. CDC – [cdc.gov/genomics/famhistory/famhist.htm](https://cdc.gov/genomics/famhistory/famhist.htm)
2. AAFP Genomics CME – [aafp.org](https://aafp.org)
3. U.S. Surgeon General – [hhs.gov/familyhistory](https://hhs.gov/familyhistory)
4. Genetic Alliance – [GeneticAlliance.org/fhh](https://GeneticAlliance.org/fhh)
5. Recent literature – [GeneticAlliance.org/fhh.literature](https://GeneticAlliance.org/fhh.literature)

**Have questions?** Contact us at [familyhistory@geisinger.edu](mailto:familyhistory@geisinger.edu) or 570-214-6065.

