





## Write down your family health history

Your family members can be great sources of information. Talk with your female family members about their health history. Ask about important dates like birthdays, date of passing (death), and how old a family member was when they were diagnosed with a health problem. Keep this in a safe place to share with your healthcare providers and family members.

Name	Important dates
Their health history	
Lifestyle and environment factors	
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# Guide to making your family health history

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