

# Healthcare Provider Card

## Summary of family health history

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

Health Concerns/Risk Factors

- |  |   |
|--|---|
| <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>45</i>	
<i>Mother</i>	<i>High Blood Pressure</i>	<i>40</i>		<i>65, Stroke</i>

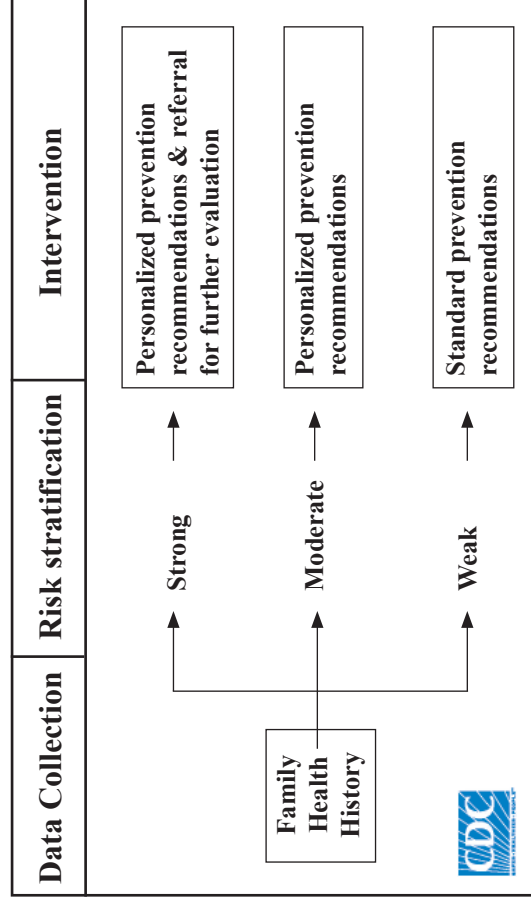
*Please include information about your children, your brothers and sisters, mother, father, and remember to include relatives from both sides of the family.*

**Please bring this paper to your primary care provider after it is completed.**

# 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
  - Breast, ovarian and endometrial cancer < 50 yrs (pre-menopausal)
  - Colon and prostate cancer < 50 yrs
  - Stroke and noninsulin-dependent diabetes < 50 yrs
  - Dementia < 60 yrs
  - Coronary artery disease < 55 yrs males and < 65 yrs 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 1<sup>st</sup>-degree relatives, (sibling, parent or child)
2. Premature disease in a 2<sup>nd</sup>-degree relative (CAD only)
3. Two affected 1<sup>st</sup>-degree relatives
4. One 1<sup>st</sup>-degree relative with late or unknown disease onset and an affected 2<sup>nd</sup>-degree relative with premature disease from the same lineage
5. Two 2<sup>nd</sup>-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 1<sup>st</sup>-degree relative with late or unknown onset of disease
2. Two 2<sup>nd</sup>-degree relatives from the same lineage with late or unknown disease onset

### Average risk:

1. No affected relatives
2. Only one affected 2<sup>nd</sup>-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 – [www.cdc.gov/genomics/famhistory/famhist.htm](http://www.cdc.gov/genomics/famhistory/famhist.htm)
2. AAFP Genomics CME – [www.aafp.org](http://www.aafp.org)
3. U.S. Surgeon General – [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)
4. Genetic Alliance – [www.geneticalliance.org/fhh](http://www.geneticalliance.org/fhh)
5. Recent Literature – <http://www.geneticalliance.org/fhh.literature>