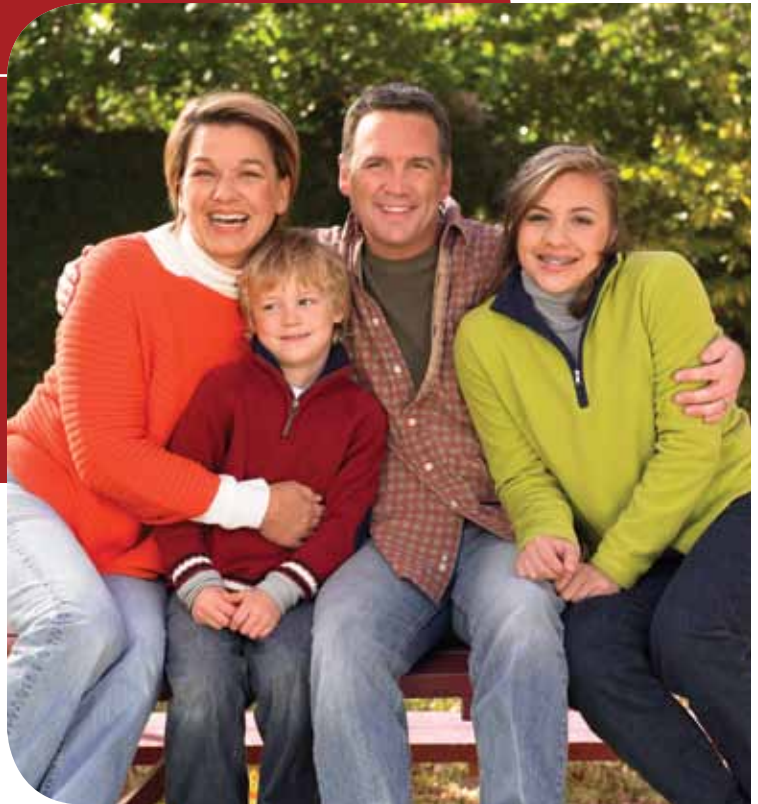


TAKE ACTION NOW

Family History and Heart Disease



Can My Family History Add to My Risk of Heart Disease?

Heart disease tends to run in families. If your parents or siblings had heart disease at an early age, you have a higher risk of getting it as well.

Did I Inherit My Risk of Heart Disease?

People in the same family may share genetic factors. This can mean they might be more likely to have high blood pressure and heart disease. But families also may share lifestyles. They may all tend to enjoy certain favorite foods and may have similar activity levels. Your family lifestyle can influence the medical history you inherited. That's good news! You can make changes in your lifestyle that can reduce your risk of heart disease.

Making changes in your lifestyle can reduce your risk of heart disease.

Knowing your family's history can help you reduce your risk of heart disease.

Provided as an educational resource by Merck



Risk Factors From Your Family's Lifestyle

Lack of Exercise Is everyone in your family too busy to exercise? Look for a fun exercise class and meet people who like to move!

High-Fat Diet Are some of your family's favorite foods deep fried or smothered in thick gravy? Get rid of some of the fat by using low-fat products. Create a new favorite family food!

High-Sodium Diet Does your family use a lot of salt? Try one of the new spice mixtures instead. You can find them in your grocery store.

High-Sugar Diet Does your family have a lot of unhealthy snacks around the house such as cookies and candy bars? Try to eat more fruits instead.

Obesity Does your family eat a lot but not exercise much? You can change that and do something about your body weight!

Smoking Is someone in your family smoking and you picked up the habit? You can choose to quit!

My Family Medical History

The more your health care professional knows about your family health history, the more he or she can help you reduce your risk of heart disease. Keep track of your family health history and share it with your health care professional.

Family Member	Date of Birth	Diseases or Conditions	Age/Age at Death
Father	/ /		/
Paternal Grandfather	/ /		/
Paternal Grandmother	/ /		/
Mother	/ /		/
Maternal Grandfather	/ /		/
Maternal Grandmother	/ /		/