

## My Health History - The Short Story

Fill in as much information as you can. Be sure to list heart disease, stroke, diabetes, cancer (especially colon, breast, or ovarian), and mental illnesses that have occurred for each family member. Create a history for yourself, your partner, and any children you have.

Name	Relationship	Ethnicity/ Race	Biologically Related?	Health Conditions	Age of Onset?	Living? <i>(If deceased, list age &amp; cause of death.)</i>
	Self					
	Mother					
	Father					
	Sister					
	Sister					
	Sister					
	Brother					
	Brother					
	Brother					

A full health history should also include extended family histories, lifestyle details, such as, exercise, habits (like smoking, drinking, regular doctor/ dentist checkup), hobbies and activities, nutrition and diet, and occupations.

If you or your child are adopted, you may be able to learn some of your biological family history from adoption agency records. For individuals with donor parents, laws vary by state, but most donor banks do not have to provide medical history of the donors (nor do they have to keep records for more than 10 years - [fda.gov](http://fda.gov)). It is important to select a bank that provides this information.

Learn more about collecting your health history at: [hhs.gov](http://hhs.gov) and [lgbthealthinitiative.com](http://lgbthealthinitiative.com).

