

## **Family Health Organizer**

Knowing your family's health history is key to staying healthy. This PDF can help you keep track of important health info about your relatives. You can share this information with your healthcare team. By collecting this info, you can make informed choices about your health and screenings.

**Think about key health conditions** such as cancer (breast, colon, prostate, etc.), heart conditions, high cholesterol, diabetes, mental health, kidney disease, autoimmune disorders, and hypertension.

Relative	Relationship	Health conditions	Life status
			Alive
			Alive Deceased

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