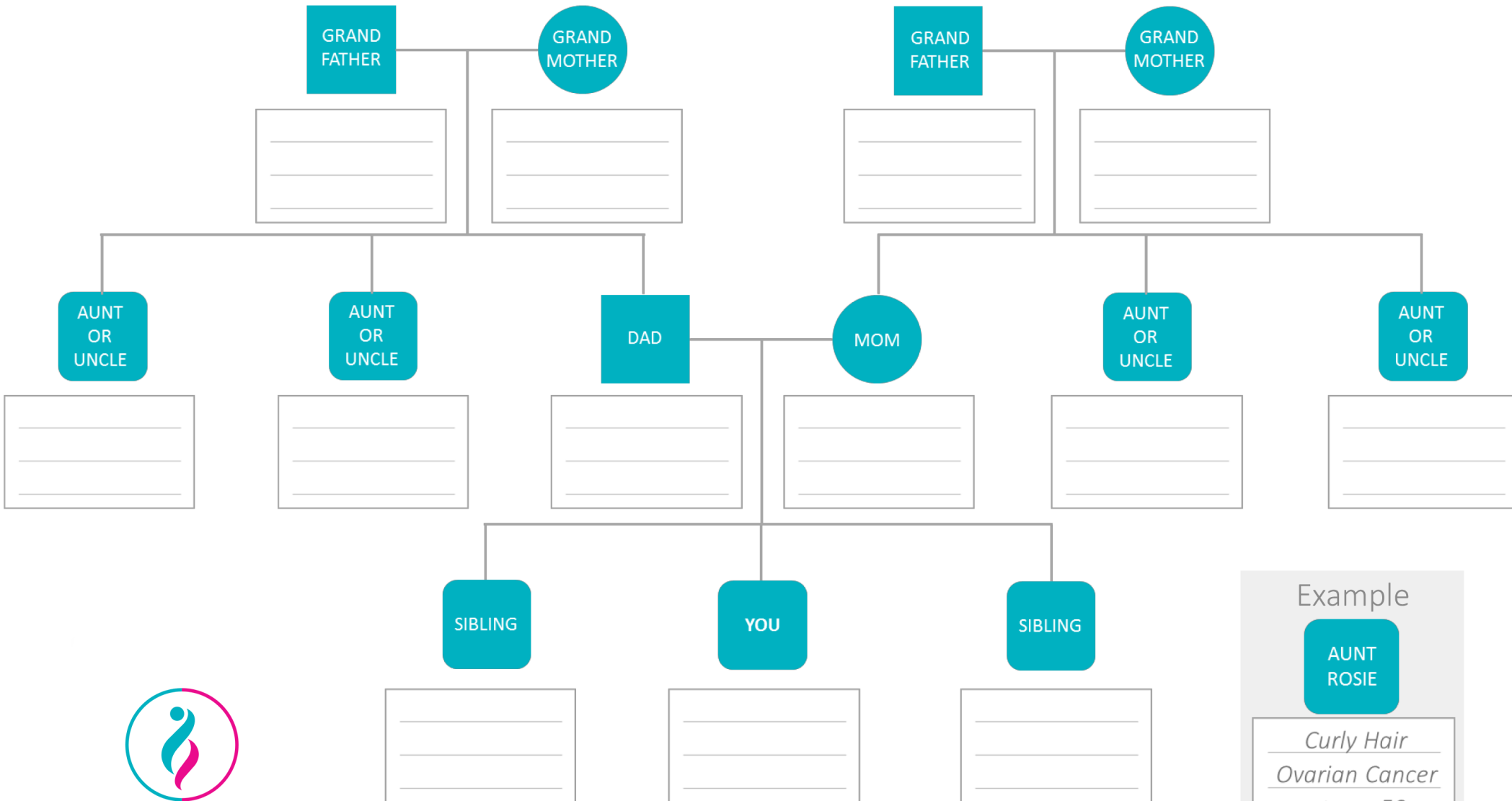


# 1 Family Health History Worksheet

Fill out information about different family members in the family tree below. Start by tracing a fun trait in the family. Then, write in information about health conditions as cancer. Be sure to note what kind of cancer and how old the family member was when diagnosed. Every family is unique so use this as a general guide. You may wish to draw your own tree that better represents your family!



Example

**AUNT ROSIE**

*Curly Hair*

*Ovarian Cancer*

*at age 50*

## 2 Who should consider genetic counseling?

If you check any of the boxes below about your own or your family's health history, you may be at higher risk for ovarian and/or breast cancer and should consider talking to a genetic counselor or physician. Family in this context includes blood relatives from your mom's and your dad's side. The genetic counselor or physician may recommend testing for gene mutations known to be associated with higher risk for ovarian and/or breast.

If you or a close family member have had any of the following:

- Breast cancer before age 50
- Two separate breast cancer diagnoses
- Breast cancer and ovarian or fallopian tube cancer in the same person
- Ashkenazi Jewish ancestry
- Male breast cancer
- Ovarian or fallopian tube cancer at any age
- Relative with known mutation in a breast cancer susceptibility gene
- Pancreatic cancer
- Prostate cancer before age 55

If two or more members from the same side of your family have:

- Two or more separate breast cancers diagnoses
- Breast cancer and ovarian fallopian tube cancers
- Prostate cancer
- Pancreatic cancer



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