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## FAMILY MEDICAL HISTORY CHART

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Fill out the chart on the next page with illnesses, health conditions and/or surgeries your blood relatives had or currently have.

Focus on:

- Alcoholism/drug dependency
- Birth defects
- Cancer
- Cardiovascular disorders/diseases
- Diabetes
- Eye disorders
- Kidney or liver disease
- Muscular or skeletal disorders
- Neurological or psychiatric disorders
- Respiratory disorders
- Skin disorders

The goal of this chart is to focus on your family's overall health, not just cardiovascular health – so be sure to share it with both your primary care physician and your cardiologist. It's recommended that you trace your family health history back three to four generations.



Many health conditions are hereditary, passed on from one family member or generation to another. The more you know about your family's health history, the more focused your preventive healthcare can become.



Name: \_\_\_\_\_

Father's Father	_____
	_____
	_____
	_____
	_____
	_____

Father's Mother	_____
	_____
	_____
	_____
	_____
	_____

Father's Siblings	_____
	_____
	_____
	_____
	_____
	_____

Your Father	_____
	_____
	_____
	_____
	_____
	_____

Your Siblings	_____
	_____
	_____
	_____
	_____
	_____

YOU	_____
	_____
	_____
	_____
	_____
	_____

Mother's Father	_____
	_____
	_____
	_____
	_____
	_____

Mother's Mother	_____
	_____
	_____
	_____
	_____
	_____

Your Mother	_____
	_____
	_____
	_____
	_____
	_____

Mother's Siblings	_____
	_____
	_____
	_____
	_____
	_____

**Cleveland Clinic Heart and Vascular Institute**  
9500 Euclid Avenue, Cleveland, Ohio 44195  
[www.clevelandclinic.org/heart](http://www.clevelandclinic.org/heart)

Hearing Impaired (TTY) Assistance: 216/444-0261