

Mapping your family's health history



Family Health History

Inherited Cancers Australia empowers individuals to understand and assess their hereditary cancer risk by providing support, information and tools.

A crucial step in this process is mapping out your family health history. It involves collating information from both maternal and paternal sides, including grandparents, parents, siblings, and other close relatives. By considering the full picture of your family's medical history, you'll gain a more accurate understanding of your personal lifetime risk and be better equipped to make informed decisions about your health.

Mapping Tips

For everyone in your family that you investigate, make sure you write down the following details: their name/initials, date of birth/death, any form of cancer they've had (breast, gynaecological [ovarian], bowel, prostate or pancreatic cancer) and the age at which their cancer commenced.

Remember that exploring family health history can be a delicate and sensitive topic requiring empathy, respect, and understanding when discussing with relatives. Take charge of your health by investigating your family health history, seeking expert medical advice, staying informed, and making proactive choices.

Let's start mapping →



1. MOTHER'S SIDE

Your Grandmother

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Your Grandfather

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Your Mother

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Mother's Siblings

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Extra Notes:

2. FATHER'S SIDE

Your Grandmother

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Your Grandfather

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Your Father

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Father's Siblings

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Extra Notes:

3. YOU

Keeping track of your own health is just as important as that of your extended family! Keep a record of your health updates here as you explore your family health history.



4. YOUR SIBLINGS

If you have any brothers or sisters, make sure to update their ongoing health information on this form as well.

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

5. FURTHER FAMILY

Keep in mind that it would benefit you to keep track of the health history from the further degrees your family. Cousins, great grandparents, great aunts and uncles...it all matters. For anyone that you can contact or gather information about, record their details here.

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

Initials: _____ DOB/DOD: _____

Diagnosis and Age at diagnosis: _____

EXTRA NOTES
