HEARTCARING®

Finding the Roots of Better Health Today

Sometimes we inherit more than our physical appearance from the members of our family tree. There is a genetic component to cardiovascular diseases and conditions such as diabetes, high blood pressure, extra weight and more. This is why we may find repeated instances of such illnesses in our family histories. Take some time to dig up the health roots of your family. You may be surprised by what you find.

Interesting observations about the roots of heart health in my family:

_____

_____

_____

_____

For diseased relatives please note age at the time of death, and cause of death

You
Name _____
Health Issues _____

Mother
Name _____
Health Issues _____

Father
Name _____
Health Issues _____

Sibling
Name _____
Health Issues _____

Sibling
Name _____
Health Issues _____

Sibling
Name _____
Health Issues _____

Maternal Grandmother
Name _____
Health Issues _____

Maternal Grandfather
Name _____
Health Issues _____

Paternal Grandmother
Name _____
Health Issues _____

Paternal Grandfather
Name _____
Health Issues _____

Aunt/Uncle
Name _____
Health Issues _____

Aunt/Uncle
Name _____
Health Issues _____

Aunt/Uncle
Name _____
Health Issues _____

Aunt/Uncle
Name _____
Health Issues _____

Aunt/Uncle
Name _____
Health Issues _____

Aunt/Uncle
Name _____
Health Issues _____

Spirit HEALTH GROUP™

The national HeartCaring® program is powered by Spirit Health Group® and activated by U.S. hospitals that ascribe to the highest standards of excellence in women's health, education, and community outreach. HeartCaring is sponsored in part by The Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership, with educational support from the National Heart, Lung, and Blood Institute (NHLBI) *The Heart Truth*, the Vascular Disease Foundation, the Peripheral Arterial Disease (P.A.D.) Coalition, and the Venous Disease Coalition.