Aging Unbound Family Health Checklist

A practical worksheet for recording health patterns across generations

Use this worksheet to collect what your family knows, identify patterns, and prepare useful questions for a health care professional. A family history suggests possible risk; it does not predict that anyone will develop a condition. Begin with what you know and update the record over time.

Family		**Date**	
Historian		**Updated**	

How to use this checklist

- Ask permission before discussing personal health information and allow relatives to share privately.
- For each item, record who was affected, the specific diagnosis, and the approximate age when it began.
- Pay attention to conditions appearing in several close relatives, multiple generations, or at unusually young ages.
- Share relevant patterns with a qualified health care professional. Do not use this worksheet to diagnose relatives or change treatment.

Heart and blood vessel health

Note early heart disease, sudden deaths, and very high cholesterol.

Check	Condition or pattern	Relative or relatives	Age and notes
☐	Heart attack or coronary artery disease		
☐	Stroke or transient ischemic attack		
☐	High blood pressure		
☐	Very high cholesterol		
☐	Heart failure		
☐	Sudden or unexplained death		
☐	Heart disease at an unusually young age		

Diabetes

Record the type of diabetes and complications when known.

Check	Condition or pattern	Relative or relatives	Age and notes
☐	Type 1 diabetes		
☐	Type 2 diabetes		
☐	Prediabetes		
☐	Diabetes during pregnancy		
☐	Kidney, vision, nerve, or circulation complications		
☐	Diabetes diagnosed at a young age		

Family members to contact

Name	Relationship	What they may know

Cancer

Record the specific cancer, age at diagnosis, and genetic testing when known.

Check	Condition or pattern	Relative or relatives	Age and notes
☐	Breast cancer		
☐	Ovarian cancer		
☐	Prostate cancer		
☐	Colorectal cancer or numerous colon polyps		
☐	Pancreatic cancer		
☐	Melanoma or another skin cancer		
☐	Other cancer		
☐	Cancer diagnosed before age 50		
☐	More than one cancer in the same person		
☐	Same or related cancers in several relatives		
☐	Genetic counseling or testing related to cancer		

Memory and dementia

If the diagnosis is unknown, record the observed changes and approximate age of onset.

Check	Condition or pattern	Relative or relatives	Age and notes
☐	Alzheimer's disease		
☐	Vascular dementia		
☐	Lewy body dementia		
☐	Frontotemporal dementia		
☐	Unspecified dementia		
☐	Significant memory or thinking changes		
☐	Dementia beginning before age 65		

Other important patterns

Mental health conditions	
Rare or inherited disorders	
Other recurring diagnoses	
Additional family information	

Family records and stories to review

- ☐ Family Bible, genealogy records, or family tree
- ☐ Death certificates, obituaries, and funeral programs
- ☐ Medical records or genetic test results shared by relatives
- ☐ Letters, military records, photographs, and oral histories

Notes and questions

Osteoporosis and bone health

Include fractures after minor falls and a parent's hip fracture.

Check	Condition or pattern	Relative or relatives	Age and notes
☐	Osteoporosis or osteopenia		
☐	Hip fracture		
☐	Fracture after a minor fall		
☐	Repeated fractures		
☐	Noticeable loss of height		
☐	Curved or stooped spine		
☐	Parent who fractured a hip		

Medication allergies and reactions

Record the medication, what happened, and whether urgent treatment was needed.

Check	Condition or pattern	Relative or relatives	Age and notes
☐	Severe medication allergy		
☐	Serious rash, swelling, or difficulty breathing		
☐	Unusual bleeding or blood clotting		
☐	Severe confusion, agitation, or sedation		
☐	Extreme sensitivity to anesthesia or pain medication		
☐	Medication that repeatedly failed to work as expected		
☐	Genetic test related to medication response		

Patterns to discuss with a health care professional

- ☐ The same condition affects several close relatives.
- ☐ A disease appears in multiple generations.
- ☐ A condition developed much earlier than expected.
- ☐ One person had more than one related cancer.
- ☐ Several relatives died suddenly or from similar causes.
- ☐ A rare condition or similar serious medication reaction appears in the family.

Next steps

- ☐ Review the information with relatives and correct any errors.
- ☐ Store the checklist securely and give copies only to people the family has authorized.
- ☐ Share relevant patterns with your health care professional.
- ☐ Ask whether your history changes recommended screening, prevention, or referrals.
- ☐ Update this record when a diagnosis, death, or new piece of family information occurs.

Conversation starter

> *"I would like to record some of our family health information while we can. It may help all of us - and the next generation - ask better questions about our health. Would you be comfortable helping?"*

Important Note

This checklist is educational and does not replace medical advice, diagnosis, genetic counseling, or treatment. A relative's medication reaction does not automatically mean you will react the same way. Do not stop or change a prescribed medication without consulting the prescribing clinician.

Selected resources

US Surgeon General tool, My Family Health Portrait

Kognito, Let's Talk About Your Family Cancer Risk

Does It Run In the Family? A Genetic Alliance Family Health History Tool

National Human Genome Research Institute, Family Health History for Patients & Families. Includes resources, a families SHARE risk algorithm and disease worksheets.

Notes for the next health care appointment