Genesee County Health Department

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FOR IMMEDIATE RELEASE

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RE: Family Health History

Each year since 2004, the Surgeon General has declared Thanksgiving to be National Family Health History Day. The Genesee County Health Department encourages you to talk about and to write down the health problems that seem to run in your family. Learning about your family's health history may help ensure a longer, healthier future together.

Family health history is a powerful screening tool to help you and your doctor identify risks to your health. Health care professionals have long known that common diseases like heart disease, cancer and diabetes can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help you and your doctor predict your health risks and help you take action to keep you and your family healthy.

The *My Family Health Portrait* tool allows users to organize family history information and then print it out for presentation to their family doctor or to share the information with other family members. The tool will help you save the information to your computer. Visit www.familyhistory.hhs.gov for more information. The Genesee County Health Department wishes you and your family a Happy Thanksgiving and *Better Life through Better Health.*

Better Life Through Better Health
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