

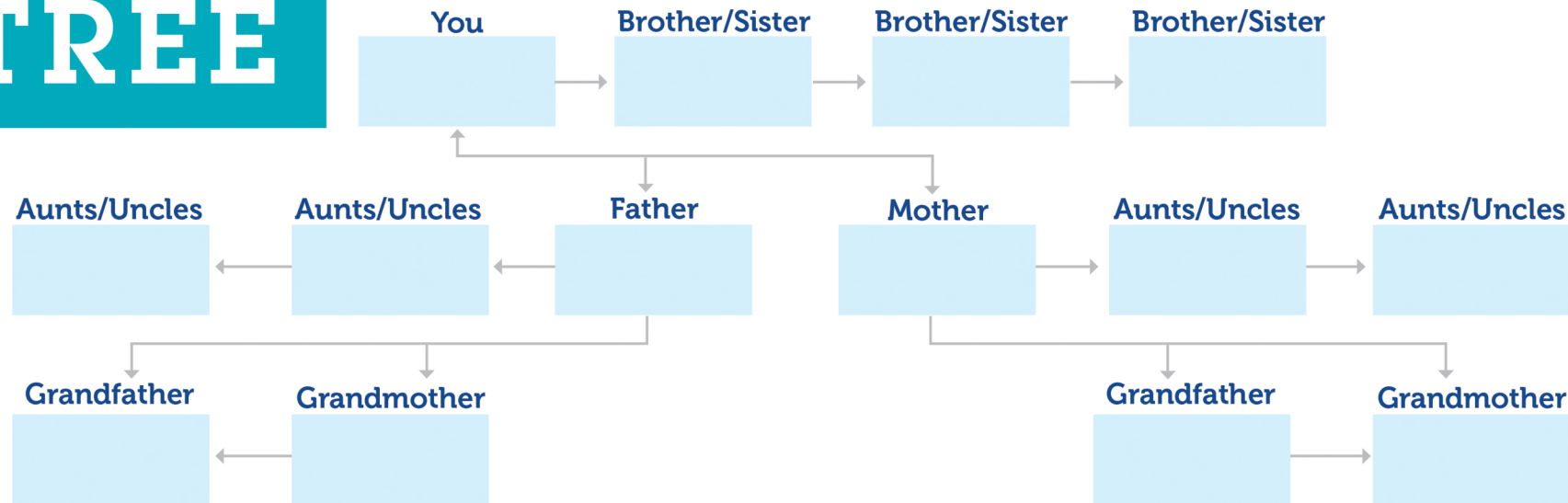


# Family Health TREE

**We highly recommend shaking up your family tree and learning your family health history. It could save a loved one's life – or yours.\***

**IF YOU HAVE A FAMILY HISTORY OF:**

- colon or rectal cancer
- cancer or rectal polyps
- stomach or bowel problems
- other cancers such as endometrial, kidney, stomach, small intestine and liver
- Crohn's or colitis



- For each blood relative, **write in all the diseases** (in boxes in chart above) we mentioned and the age at diagnosis.
- **Make copies** for family members.
- Ask family members to **share this information with their doctor**.
- **Keep your family health tree in a safe place** and **update it** at regular family gatherings, vacations, holidays and family reunions

 **As each generation ages, important information can be forgotten or lost – start a dialogue with your family today to complete your family tree.**

**Share this information with your healthcare professional.**

\*Only health professionals can counsel you about your cancer risk. Even family trees that show several occurrences of cancer do not automatically imply high cancer risk. This is meant as a tool to begin the conversation with your family and healthcare professionals. This is not intended as medical advice and should not be relied as such.