



FAMILY HISTORY AS A RISK FACTOR

Knowing your family's health history can help you know if your child is at risk for certain health conditions.

Family history as a risk factor is another way of saying that an illness runs in the family. Relatives share genes. If a parent or grandparent has certain diseases, his or her children and grandchildren may have a higher risk of having them too.

HEART HEALTH AND FAMILY HISTORY

Did you know that one risk factor for having high blood pressure and heart disease is family history? That means your child may be at a higher risk for having high blood pressure and heart disease if you have these conditions.

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GATHER INFORMATION FROM YOUR FAMILY

To prepare for your next visit with your healthcare provider, ask questions about your relatives, both living and deceased, such as:

- What country did our family come from?
- What illnesses did our late grandparents have?
- How old were they when they died?
- What caused their deaths?



Talk to your healthcare provider about the things you should do if your child is at a greater risk for developing high blood pressure and heart disease.

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www.odskompanies.com/members and click on the **Health Tools & Coaching** link to find more information about **Children and Adolescent Health Risk Factors**.