

Most people who get cancer do not have a family history of the disease, which is one reason screening is so important—but a personal or family history of cancer or certain other diseases may increase your risk.

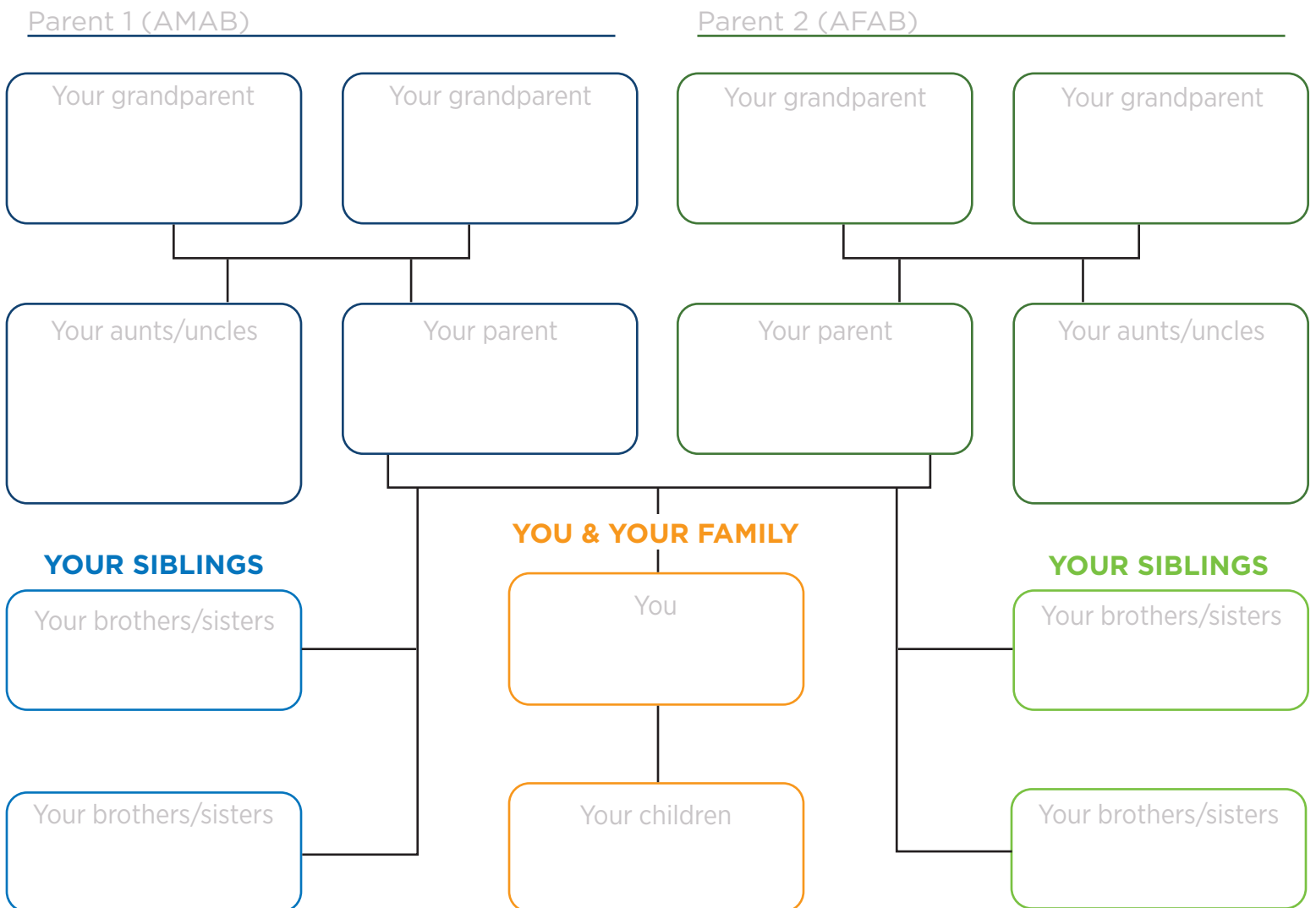
Complete the following family health history chart. This information will help you and your health care provider decide which cancer screenings you need, when to begin screening and how often you should be screened. **For each blood relative:**

1. Note any cancer or other chronic disease the person had and the age at which each was diagnosed. Also note if they had genetic testing and the results.
2. Note any surgeries related to cancer and the dates of the procedures.
3. Note their date of birth, and for those who are deceased, the date and cause of death.
4. Note their sex assigned at birth.
5. Add your race/ethnicity here: \_\_\_\_\_.

**If you don't have access to some or all of this information, don't stress—just tell your health care provider. You can still receive routine cancer screenings for better outcomes!**

## PARENT 1'S FAMILY

## PARENT 2'S FAMILY



AMAB = Assigned Male At Birth

AFAB = Assigned Female At Birth