

Talking with Your Health Care Providers about Your Family Health History

Getting Ready for Your Appointment:

1. Be Prepared
 - Make a list of 3 of your most important concerns / questions
 - Take along a copy of your family health history and any other information needed, such as insurance cards, medical records, list of medicines, including non-prescription drugs
2. Make sure you can see and hear as well as possible
3. Consider bringing a family member or friend
4. Plan to update the doctor about your family health history
5. Allow enough time

Sharing Information with Your Doctor and Other Health Care Professionals:

1. Plan what you want to say.
 - Focus on your 2-3 most important concerns first
 - Think about which details are most important
2. Be as specific as you can and stick to the point
3. Pay close attention to what the doctor is saying and ask questions if anything is unclear
4. Express doubts or any concerns about recommendations
5. Share your point of view and let your doctor know what you want

Getting Information from Your Doctor and Other Health Care Professionals:

1. Take notes or use a small cassette tape recorder
2. Get written or recorded information
3. Remember that doctors don't know everything
4. Ask your doctor to sum up or write down what you need to know
5. Talk to other members of the health care team

Talking to Your Health Care Providers

Questions to Ask?????

About Your Family History:

1. What diseases or health conditions do I have an increased risk of developing?
2. Are my children or other relatives at increased risk?
3. What causes this condition?
4. How might this condition affect my life or my children's life?
5. What can I do to decrease my chances of developing this condition?
6. How can I decrease my children's chances of developing this condition?
7. Would I benefit from talking to a genetic specialist about my family history?

About Your Lifestyle:

1. How do the choices I make contribute to developing this condition?
2. What choices can I make to decrease my risk for getting this condition?
3. Is there anyone I can talk to if I need help making changes?

About Your Environment:

1. Does the environment in which I work or live affect my risk?
2. Is there anything I can avoid in the environment to decrease my risk?
3. Should my children avoid anything in the environment?

About Screening Tests:

1. Are there any screening tests I need based on my family history?
2. What steps does the test involve? How should I get ready?
3. What will I know after the test?
4. When and how will I get the results?
5. How much will it cost me? Will the insurance cover the treatment?

About Genetic Tests:

1. Are there any genetic tests I should consider based on my family history?
2. What steps does the test involve? How should I get ready?
3. What will I know after the test?
4. When and how will I get the results?
5. How much will it cost me? Will the insurance cover the treatment?