

# FAMILY HISTORY and HEART DISEASE

## FAMILY HEALTH HISTORY IS IMPORTANT

You may be at increased risk of having heart disease and related conditions such as high cholesterol, high blood pressure, stroke, or diabetes if a family member has had one of these conditions.

Also, your risk of having a heart attack increases if your father or brother had a heart attack before age 55, or your mother or sister had a heart attack before age 65.

## YOU CAN LOWER YOUR RISK

You cannot control your family health history. However, you can make healthy lifestyle changes that can significantly reduce your risk of heart disease and related conditions, such as losing weight, switching to a healthy diet, and being more physically active.

**“My uncle and father died after having heart attacks before they were 50. Now I know that making healthy lifestyle changes is even more important because of my family history.”**

*Barbara Teng, 52,  
heart attack survivor*

## TRACK YOUR FAMILY HEALTH HISTORY

Family Member	Current Age	Health Conditions*	Cause of Death	Age at Death
Mother				
Father				
Sister(s)				
Brother(s)				
Grandmother(s)				
Grandfather(s)				
Aunt(s)				
Uncle(s)				

\* Examples: high blood pressure, high blood cholesterol, diabetes, smoking, overweight, heart attack, stroke



**SISTER TO SISTER**  
FOUNDATION

The Sister to Sister Foundation is dedicated to preventing heart disease among women. For more information on how you can make lifestyle changes to lower your risk for heart disease, go to [www.sistertosister.org](http://www.sistertosister.org).