Heart disease can run in the family, passed down through risk factors. Know your family history and be better prepared to talk to your doctor about ways to reduce your risk.

If you have a family history of:
- High blood pressure
- High cholesterol
- High blood sugar levels
- Heart attack
- Stroke
- Cardiovascular disease
- Heart failure

At your next family get together, have a heart-to-heart about your family heart history. Use this worksheet to guide your conversation.

- For each blood relative, write down any risk factors or heart disease they have. Include their age at diagnosis.
- Make copies for family members.
- Ask family members to share this information with their doctor.
- Keep your family heart health tree in a safe place and update it at regular family gatherings.