

FAMILY HISTORY

CAN BE VITAL IN GUIDING CANCER SCREENING, EARLY DETECTION

According to the American Society of Clinical Oncology (ASCO), up to **10 PERCENT** of all cancer cases are considered hereditary, making it even more important for individuals to know the details of their family tree.

Family history plays a **STRONG ROLE** in how doctors care for their patients. And can guide the type of **PREVENTIVE CARE** they prescribe.

AMERICAN CANCER SOCIETY (ACS) SAYS THERE ARE SEVERAL CLUES THAT CAN POINT TO HEREDITARY CANCER

- Multiple cases of an uncommon or rare type of cancer such as kidney cancer
- Cancers occurring at younger ages than usual such as colon cancer in a 20-year-old
- Cancers occurring in both of a pair of organs such as eyes, kidneys or breasts
- More than one childhood cancer in a set of siblings
- Cancer occurring in a sex not usually affected, such as breast cancer in a man

DEVELOPING A FAMILY TREE OF HEALTH ISSUES CAN BE VITAL. TRY TO TAKE THE TIME TO DO IT AS EARLY AS POSSIBLE.

There are three main factors that can lead to a disease process including a person's **GENETICS**, their **ENVIRONMENT** and their **LIFESTYLE**. Genetics may be one of the only uncontrollable factors that is passed down from a person's family tree, however, the other two factors can also be closely linked by a person's family, the ACS says.

AN ACCURATE FAMILY HISTORY WILL GO BACK THREE GENERATIONS AND INCLUDE HEALTH ISSUES FROM EVERY POSSIBLE RELATIVE, INCLUDING SIBLINGS, PARENTS, GRANDPARENTS, AUNTS, UNCLAS, NIECES, NEPHEWS AND COUSINS.

There are many ways you can go about collecting your family history, below are just a few...



VIEW DEATH CERTIFICATES OF FAMILY



SEARCH ON GENEALOGY WEBSITES



HAVING HONEST CONVERSATIONS WITH FAMILY

THERE ARE SEVERAL CLUES THAT CAN POINT TO HEREDITARY CANCERS.

FAMILY CANCER SYNDROME

According to the ASCO, there are certain factors that make it more likely for cancer to occur in a family such as multiple relatives with cancer on the same side of the family, cancers diagnosed at an early age, and a single person with multiple tumors (especially in the same organ).

Collecting a **COMPREHENSIVE FAMILY HISTORY** can be intimidating. Focus on one step at a time, and remember what information is important to collect such as the type of cancer diagnosed, age of diagnosis, whether the cancer is on the mother's or father's side, ethnicity, and previous results of genetic testing, if any.

For more information on family history, visit [premierhealth.com/your-health](https://www.premierhealth.com/your-health).

SOURCES: American Society of Clinical Oncology (ASCO); American Cancer Society (ACS)