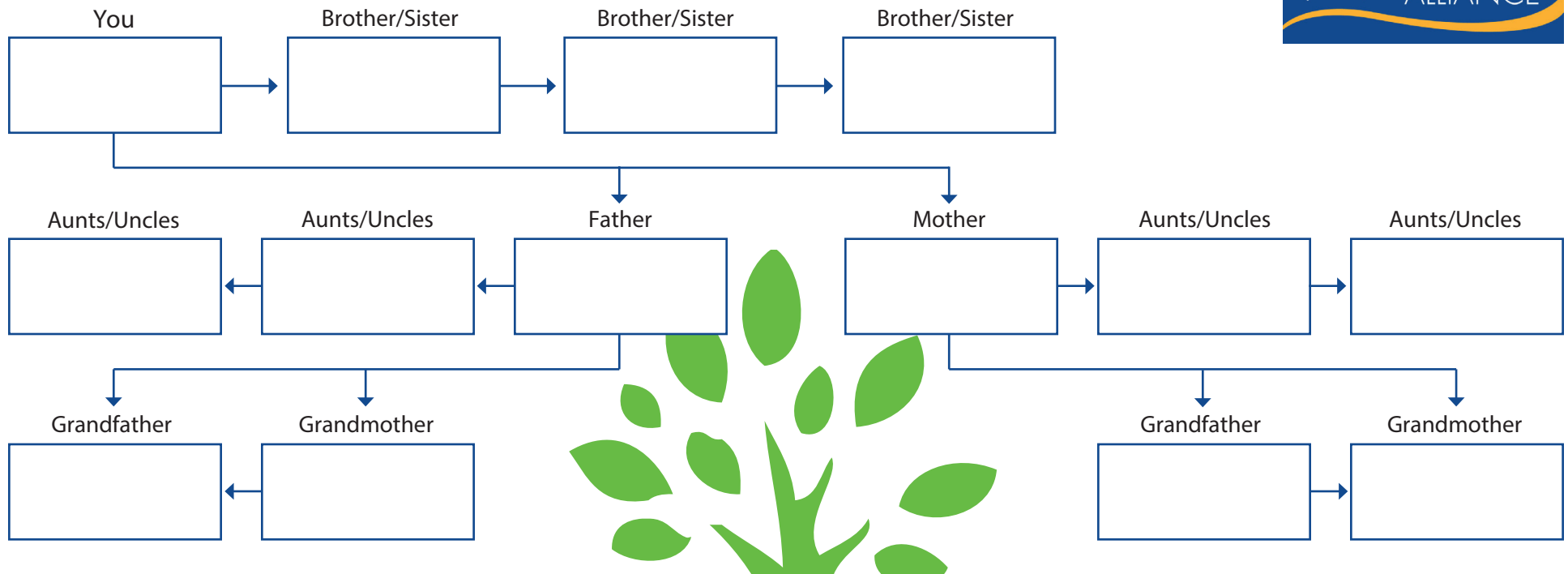


# Family Health Tree



We highly recommend climbing a tree and going out on a limb to investigate your family health history. It could save a loved one's life – or yours.

If you have a family history of:

- colon or rectal cancer,
- cancer or rectal polyps,
- stomach or bowel problems, or
- other diseases such as breast and ovarian cancers or Crohn's and Colitis, you and your family members are at a greater risk of developing colorectal cancer.

Share this information with your doctor.

As each generation ages, important information can be forgotten or lost – start a dialogue with your family today to complete your family tree.

- For each blood relative, write down all the diseases we mentioned and the age at diagnosis.
- Make copies for family members.
- Ask family members to share this information with their doctor.
- Keep your family health tree in a safe place and update it at regular family gatherings.
- Vacations, holidays and family reunions can be good times to collect this information.

Disclaimer: In the course of creating your family health tree, you must remember that only health professionals can counsel you about your cancer risk. Even family trees that show several occurrences of cancer do not automatically imply high cancer risk. This is meant as a tool to begin the conversation with your family and health care professionals. This is not intended as medical advice and should not be relied upon for any purposes.

*MGA*

MIDDLESEX GASTROENTEROLOGY ASSOCIATES