

*THE IMPORTANCE OF TRACING
YOUR FAMILY HEALTH HISTORY*

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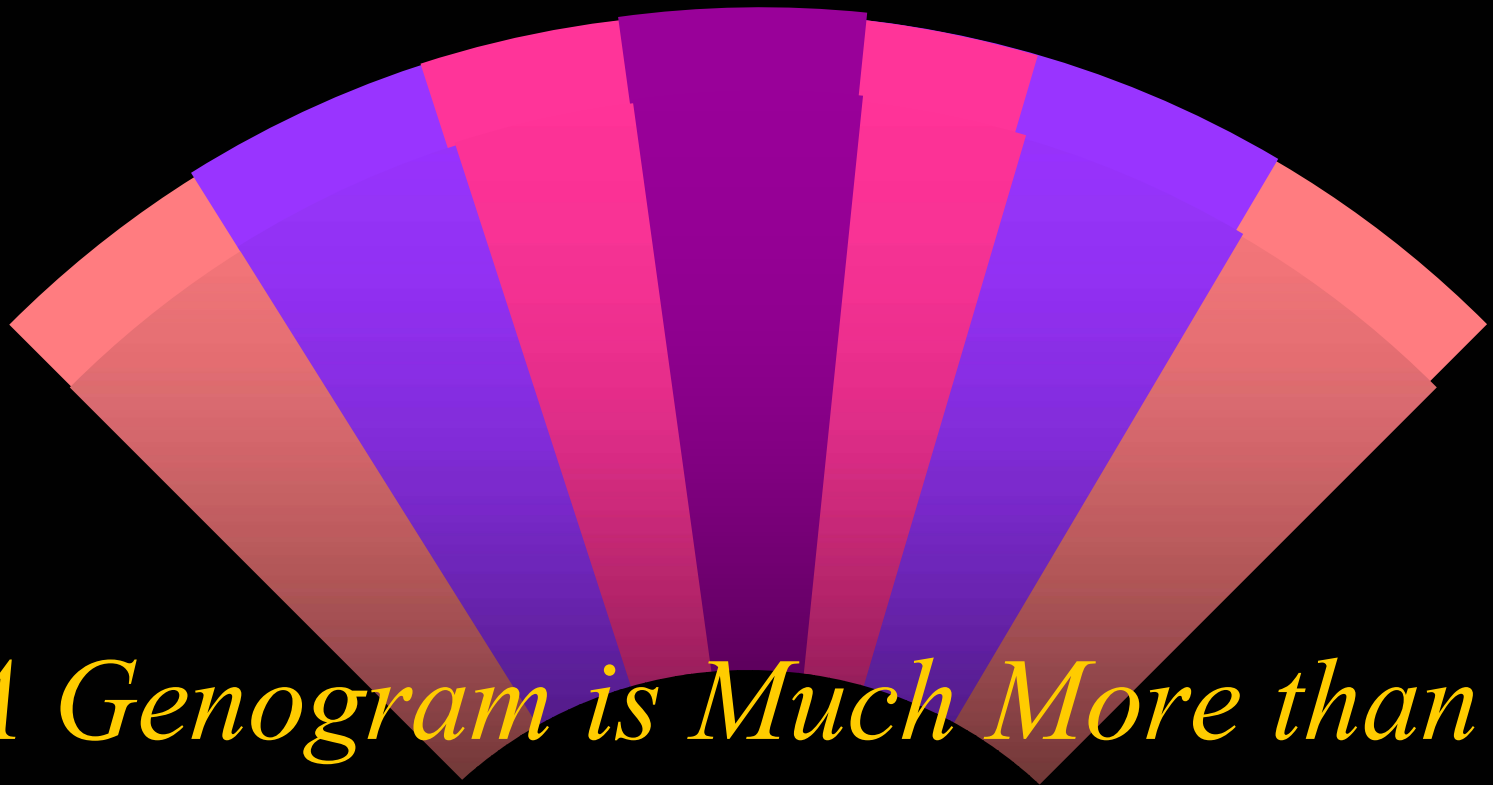
*WHAT YOU DON'T KNOW MIGHT
HURT YOU...*

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*KNOWING YOUR FAMILY MEDICAL
HISTORY COULD SAVE YOUR LIFE!*

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*A Genogram is Much More than
a Genealogy!*

Genealogy is simply the tracing
of one's descent.



What's a Genogram?

- ◆ A graphic representation of one's medical family history
- ◆ Also called a pedigree, family history or family tree
- ◆ Should be updated periodically
- ◆ A useful tool available to most individuals
- ◆ Should include at least three generations



What Information is Important?

- ◆ Cancer (especially breast, ovary, colon, prostate, melanoma, etc)
- ◆ Diabetes
- ◆ Hypertension
- ◆ Heart disease
- ◆ Cholesterolemia
- ◆ Neurological disorders
- ◆ Thyroid disorders



What Information is Important?

- ◆ Infertility
- ◆ Birth defects
- ◆ Mental Retardation, learning disabilities
- ◆ Mental Illness
- ◆ Hearing and vision defects
- ◆ Kidney Disease
- ◆ Blood disorders (anemia, etc.)
- ◆ Anything else that concerns you



Important Information

- ◆ DOB, age and cause of death
- ◆ Age of onset or diagnosis of condition
- ◆ Occupation or hobbies
- ◆ If death accidental, please note cause and age
- ◆ Note infertility
- ◆ Note any surgeries



Where do I look for Information?

- ◆ Talk to the elders in the family (especially the women!)
- ◆ Contact the “historian” in the family
- ◆ At family reunions or picnics
- ◆ Look through family Bibles
- ◆ Birth, baptism, marriage certificates
- ◆ Photographs, military records



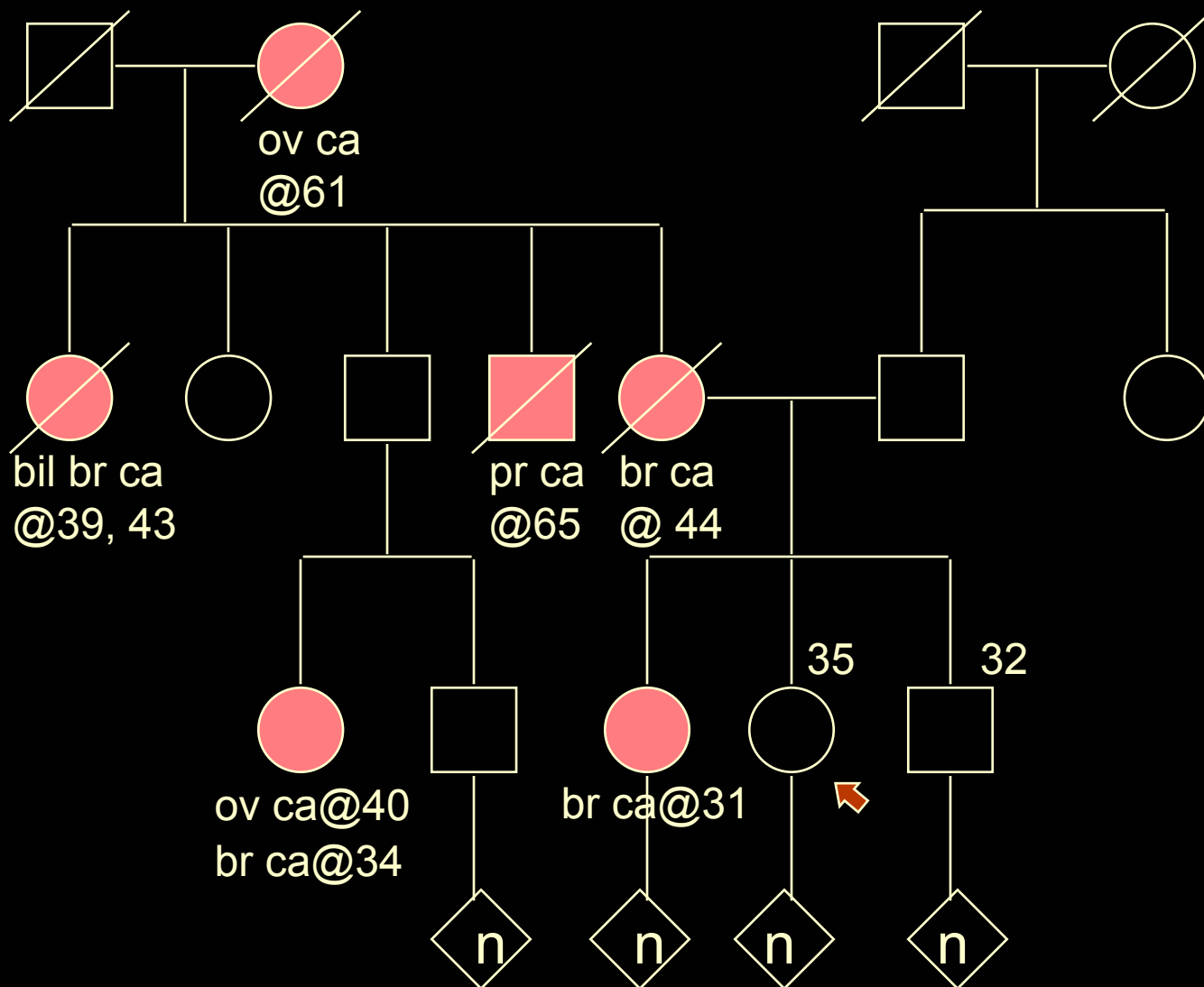
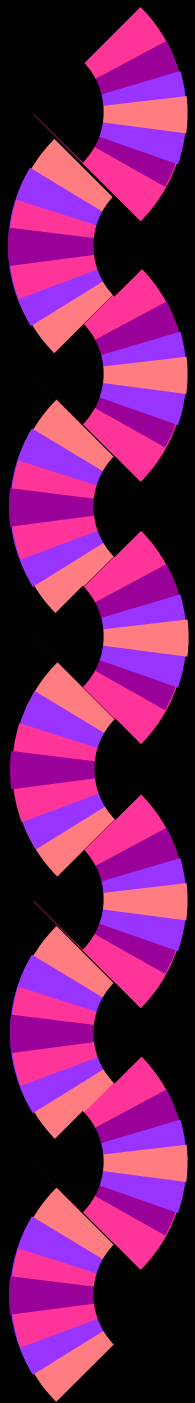
Where do I Look for Information?

- ◆ Try to obtain medical records, discharge summaries, **pathology reports**
- ◆ Try to obtain death certificates
- ◆ Look through insurance and employment records
- ◆ Verify real estate deeds, wills, etc.



ABC's of Drawing a Genogram

- ◆ Squares= Males
- ◆ Circles= Females
- ◆ Lines drawn in middle of symbols=Union
- ◆ Lines extending up from the symbols= Sibs
- ◆ Small triangle= Pregnancy loss
- ◆ Create your own legend using shading, cross-hatch, etc.





How do I Get Started?

- ◆ Begin with your immediate family
- ◆ Move out to your aunts and uncles and their children
- ◆ Then on to your grandparents and their brothers and sisters
- ◆ Ask about BOTH sides of the family
- ◆ Find out about your ancestry/ethnicity



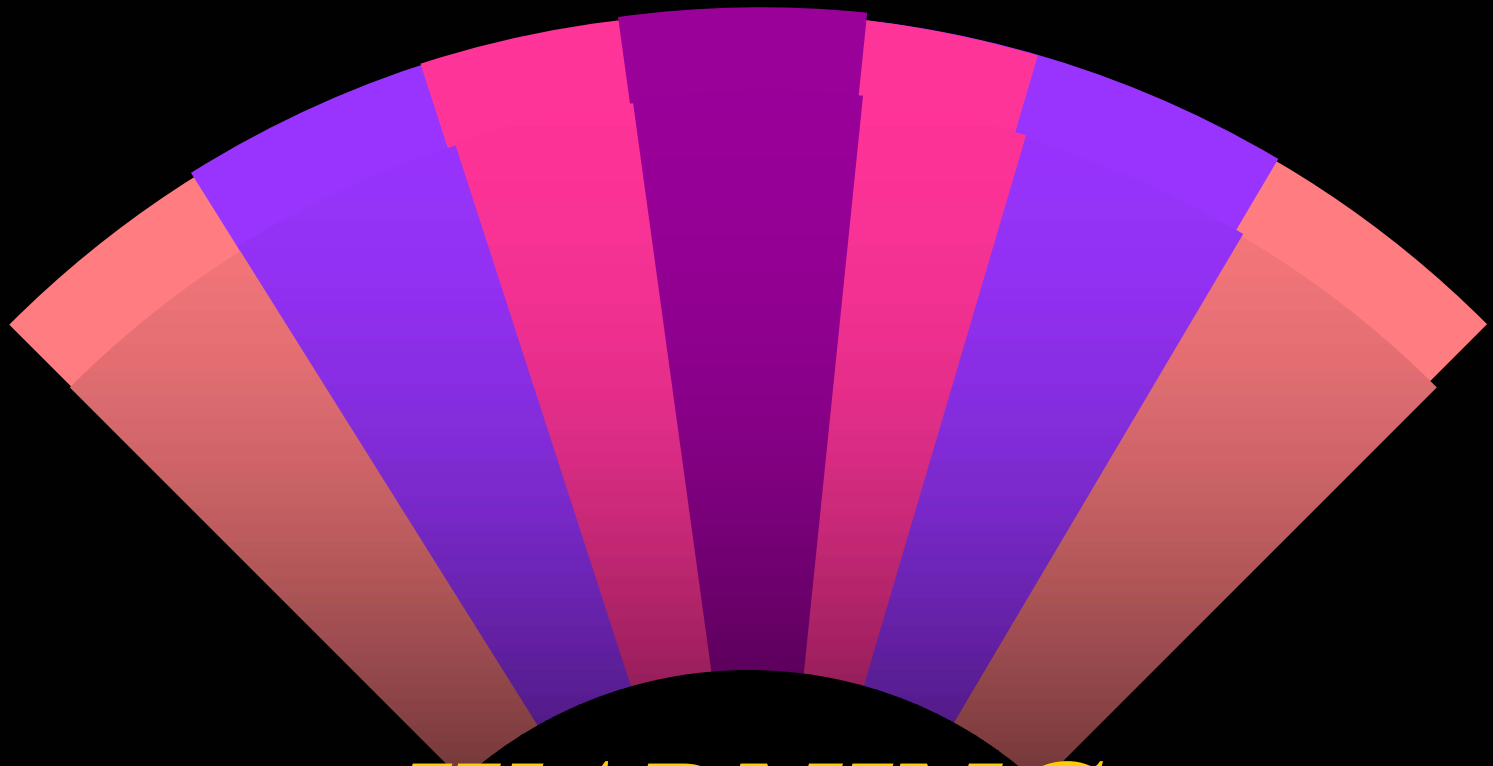
Why Should I do a Genogram?

- ◆ Increase awareness of potentially hereditary conditions, illnesses in one's family
- ◆ Might prevent onset or facilitate early detection thus improve prognosis
- ◆ Could motivate one to change or improve one's lifestyle to reduce risk for familial tendency



Computer-age Pedigrees

- ◆ New companies popping up offering a form of social networking (MySpace, facebook)
- ◆ 23andme.com let users investigate their health risks and ancestry based on DNA
- ◆ Users can find new relatives online
- ◆ Defines ancestry and propensity to certain conditions
- ◆ State and federal laws do not apply



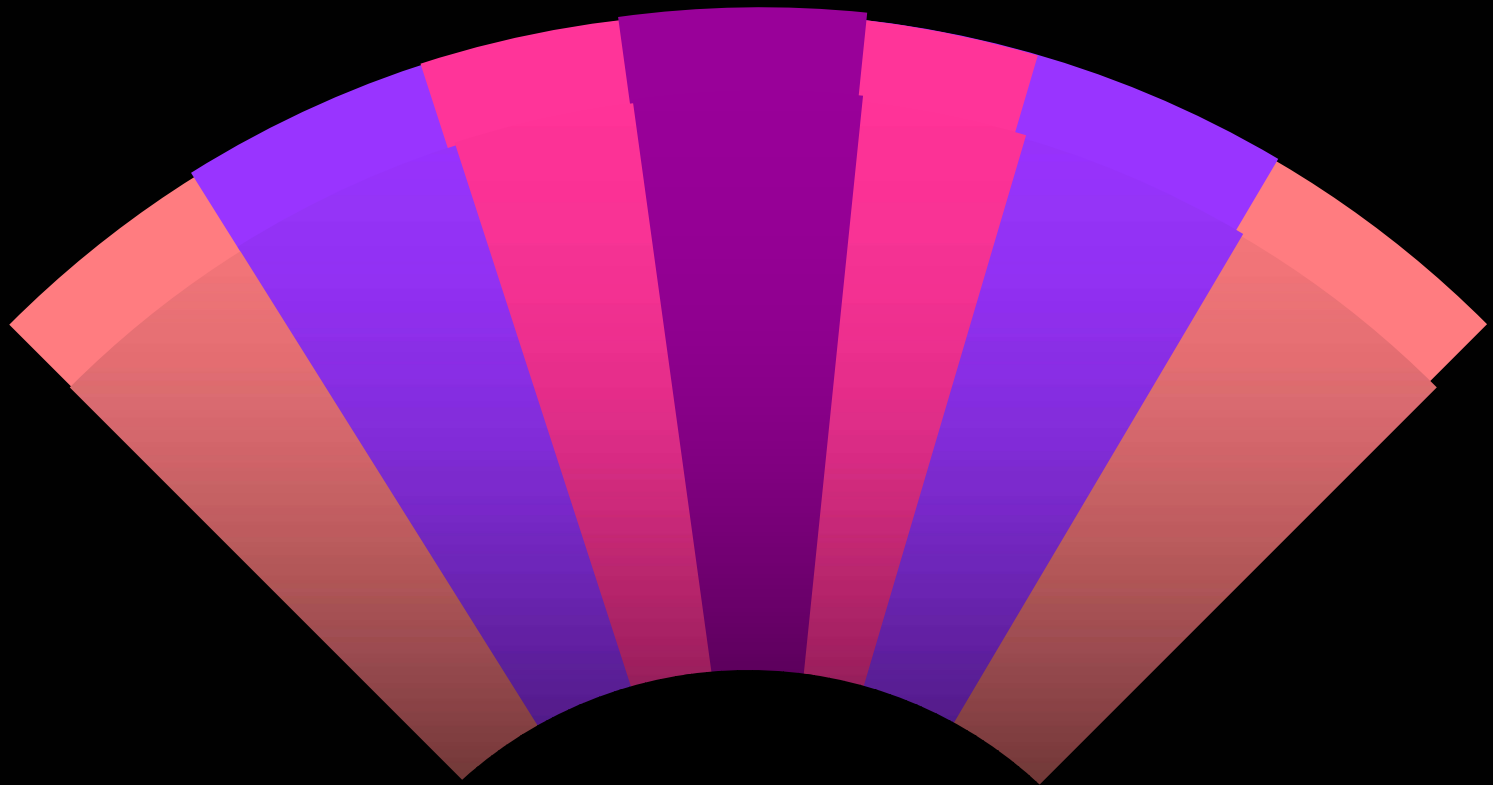
WARNING

Proceed with Caution!



Family Secrets Might Emerge...

- ◆ Nonpaternity
- ◆ Common-law marriage
- ◆ Adoption (in or out of the family)
- ◆ Consanguinity
- ◆ Hospitalizations, diseases, etc.
- ◆ Half-sibships and multiple unions



Does Cancer Run in Families?



Some *cancers can run in some families!*

- ◆ Breast
- ◆ Ovary
- ◆ Colon
- ◆ Uterus
- ◆ Prostate
- ◆ Melanoma
- ◆ Pancreas, etc



Others rarely run in families

- ◆ Lung
- ◆ Bladder
- ◆ Throat
- ◆ Mouth
- ◆ Cervical (Pap smears)
- ◆ Skin (non-melanoma)
- ◆ Leukemia, lymphoma, myeloma



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- ◆ Uterus
- ◆ Prostate
- ◆ Melanoma
- ◆ Pancreas, etc

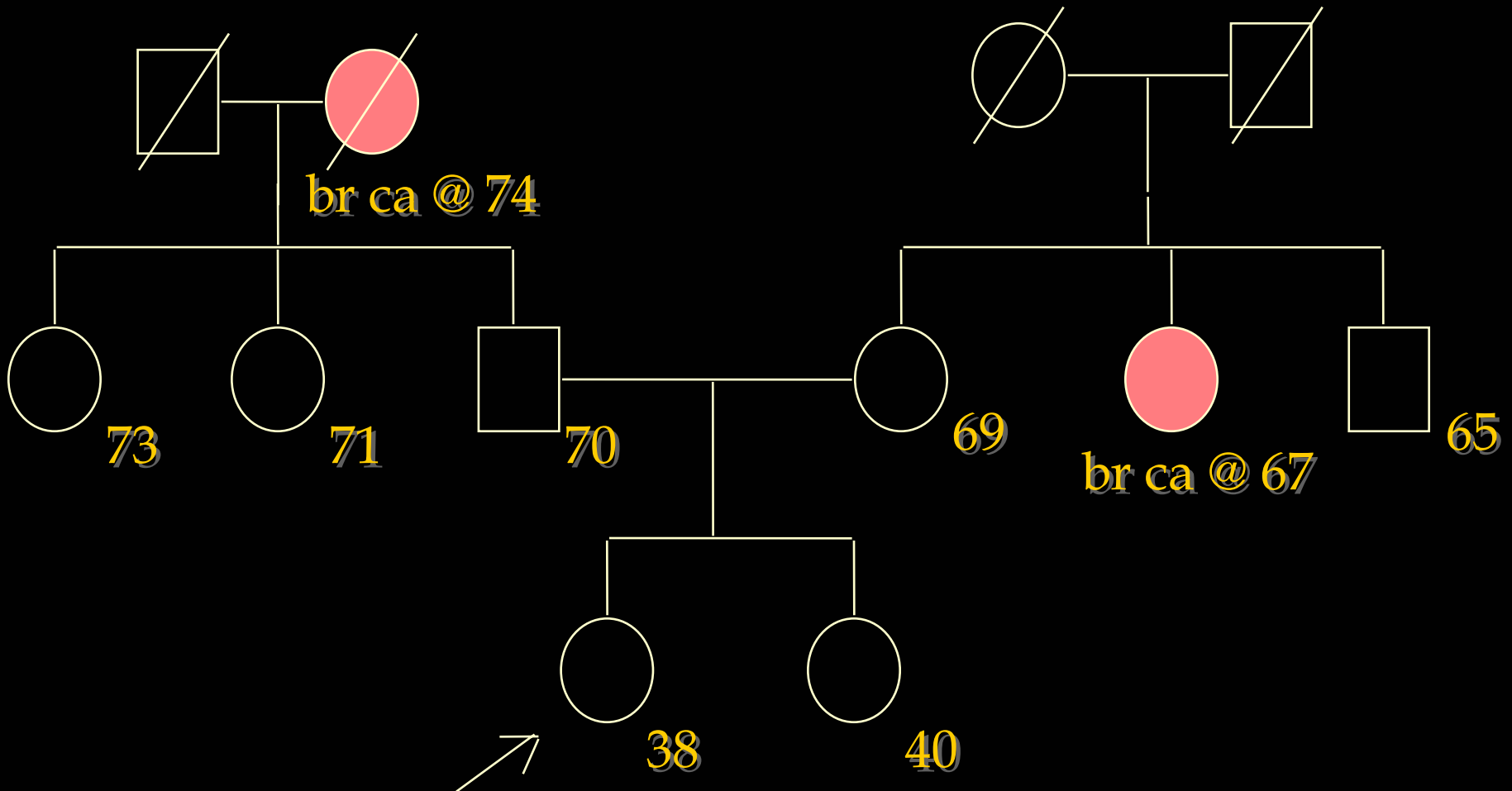


Classification of Cancers that can Run in Families

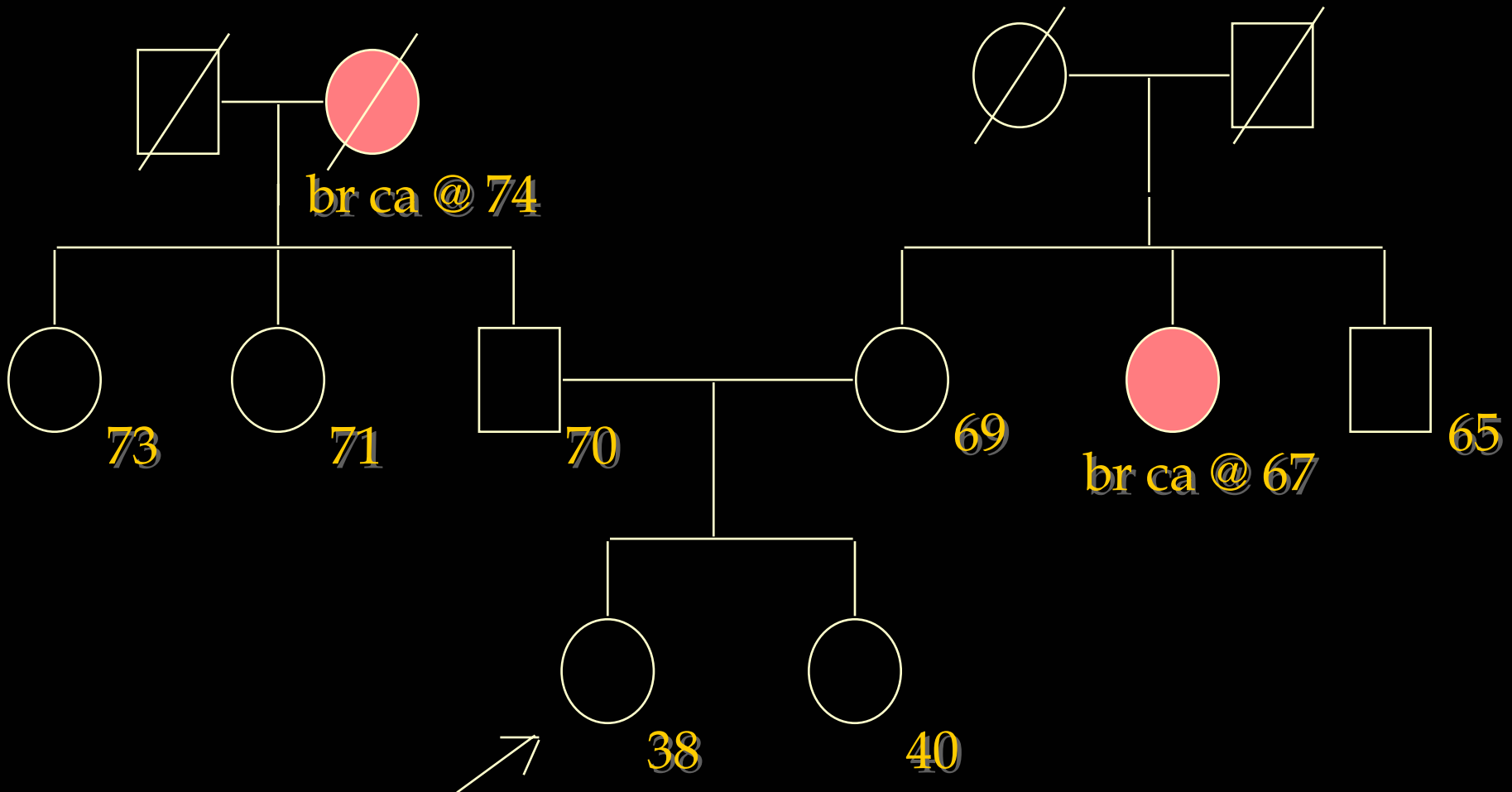
- ◆ Sporadic: 75-85%
- ◆ Familial: 10-15%
- ◆ Hereditary: 5-10%



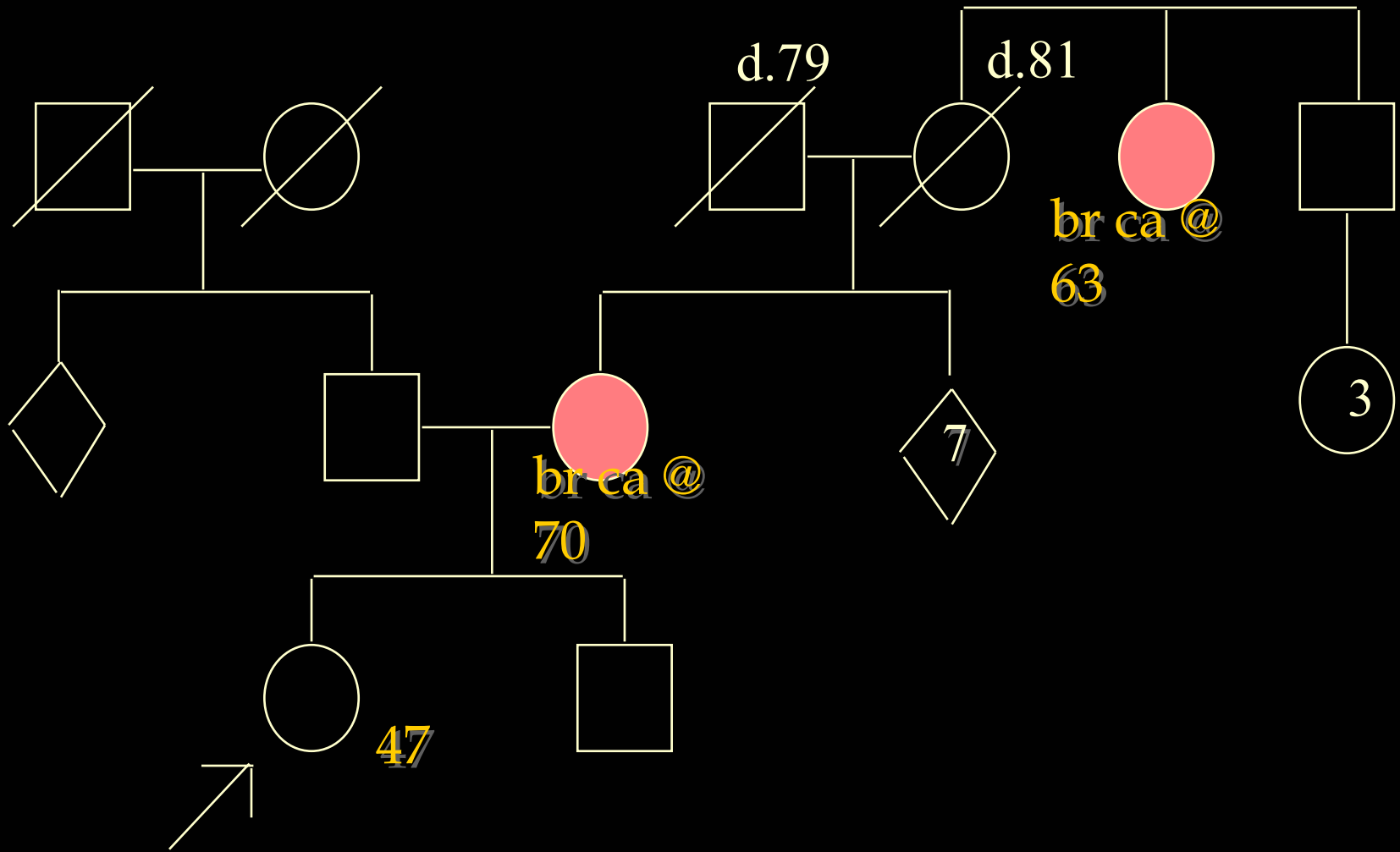
Sample Pedigree:



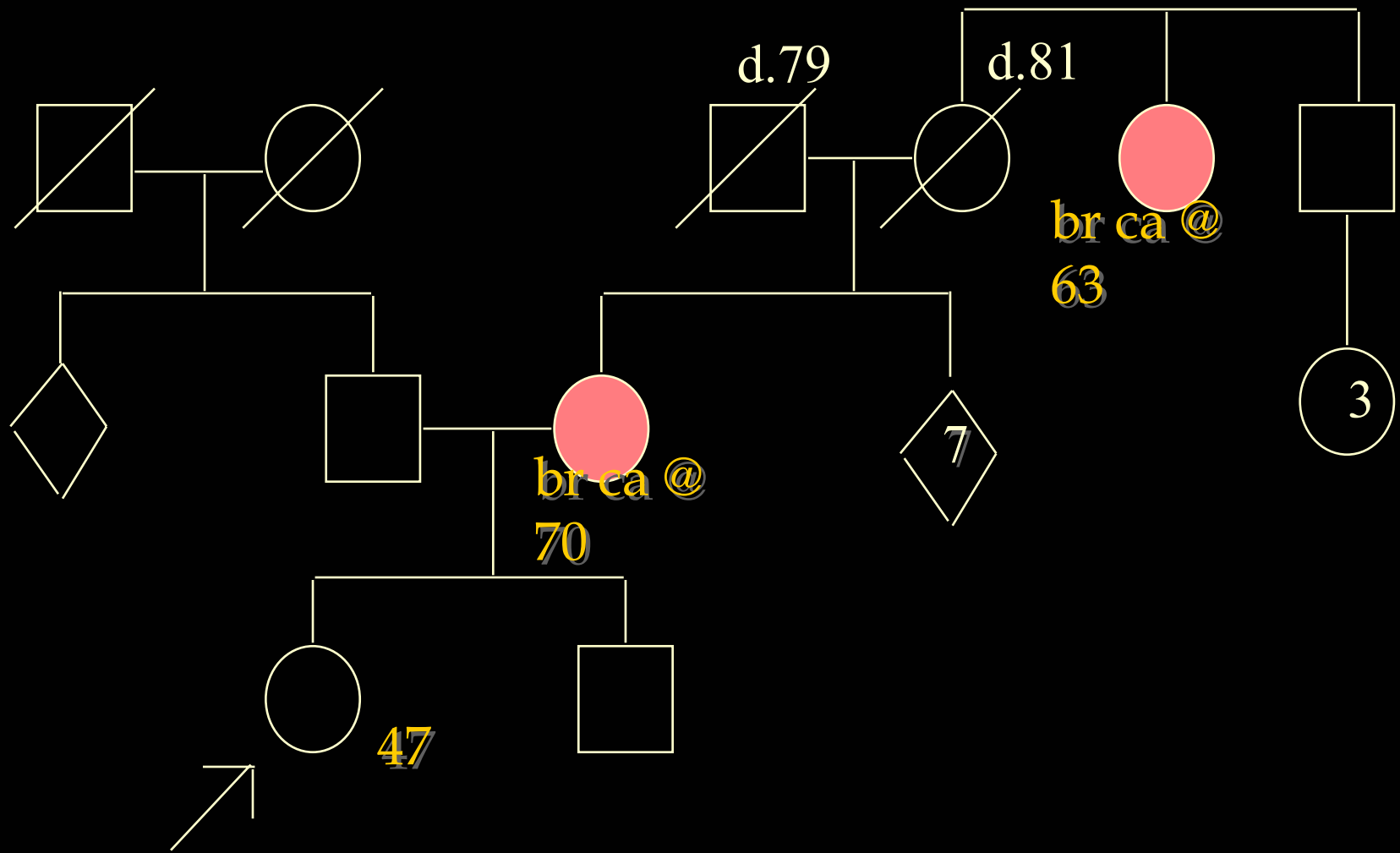
Sample Pedigree: Sporadic



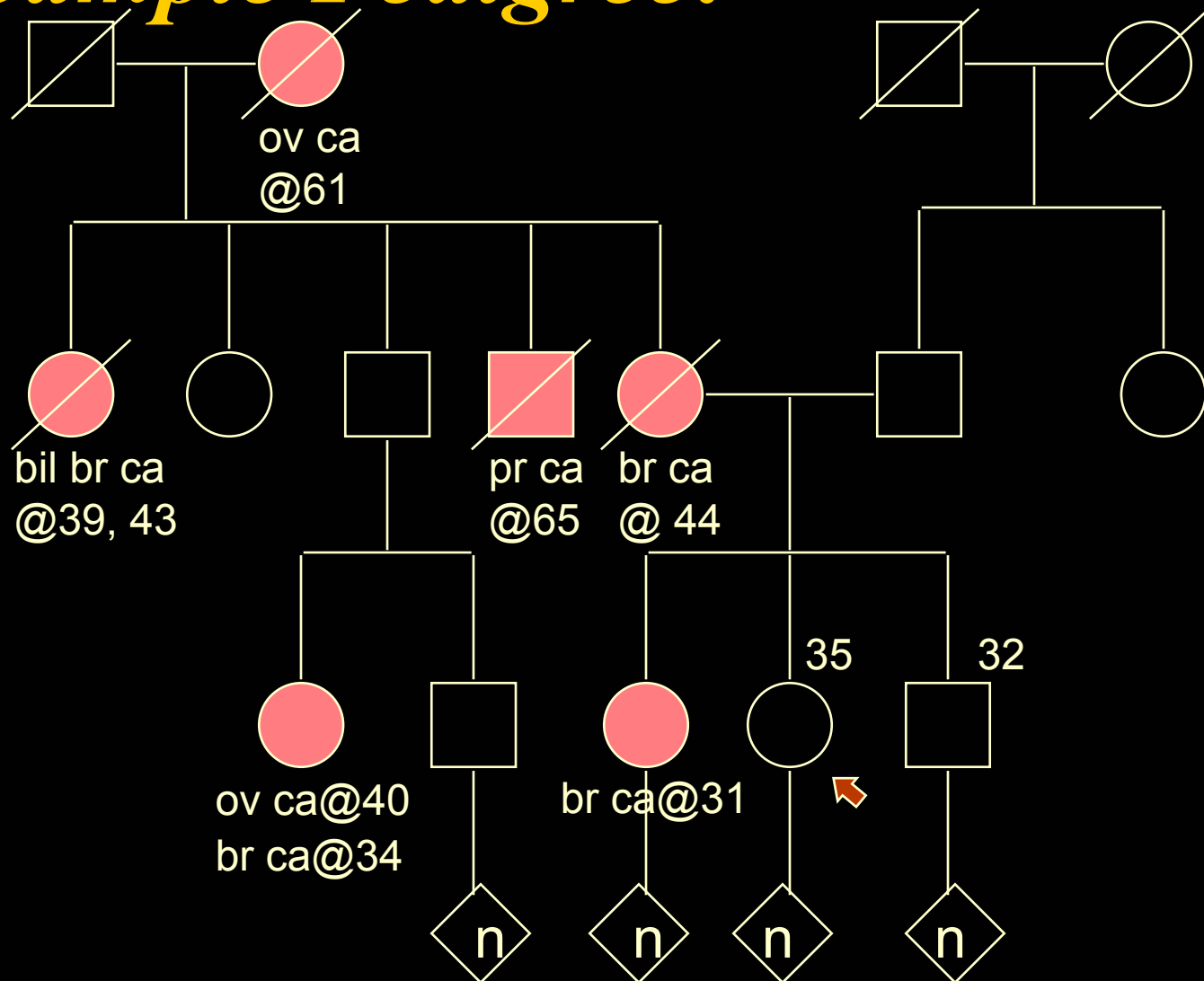
Sample Pedigree:



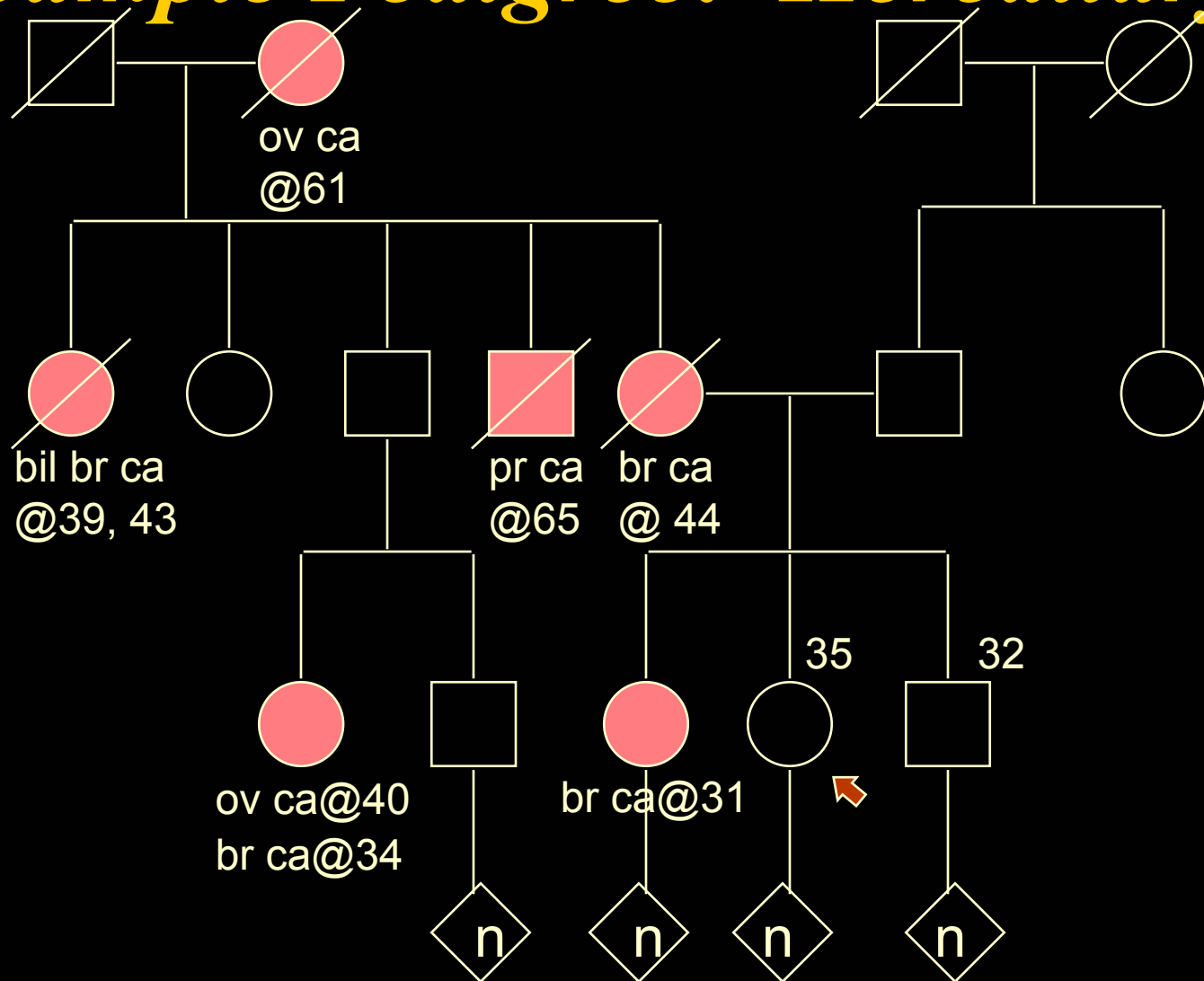
Sample Pedigree: Familial



Sample Pedigree:



Sample Pedigree: Hereditary



Related Cancers

- ◆ Breast, Ovary, Prostate
- ◆ Colon, Uterus, Ovary, Stomach, Ureter
- ◆ Melanoma, Pancreas
- ◆ Breast, Sarcoma, Brain, Leukemia, Adrenocorticoid
- ◆ Stomach, Breast (Lobular-type)
- ◆ and many other rare combinations



Hallmarks of Hereditary Cancer

- ◆ Multiple affected family members
- ◆ Early age of onset
- ◆ Bilaterality
- ◆ Multiple primaries in same individual
- ◆ Individuals affected with rare cancers



Genetic Testing

- ◆ Readily available for about a decade
- ◆ Usually performed on blood (affected optimal)
- ◆ Can help confirm hereditary susceptibility
- ◆ In some families, can help rule it out (back to general population) or unclear variation in DNA
- ◆ No test yet available to determine one's overall cancer risk
- ◆ Does not predict whether, which and when cancer might occur, only increased/decreased likelihood



Two Examples of Genetic Testing

- ◆ BRCA1/2: HBOC: up to 50-85% Breast Ca Risk/15-45% Ovarian Ca Risk/Inc. Prostate ca Risk/? Colon, etc.: Dominant inheritance
- ◆ APC: FAP: virtually 100% chance for polyposis (multiple polyps-100s-1000s) as early as 1st-2nd decade/Colorectal ca risk very high without colectomy/Inc. risk for other cancers: Dominant inheritance



Medical Management Options

- ◆ Lifestyle modification
- ◆ Increased screening
- ◆ Chemoprevention
- ◆ Preventive surgery



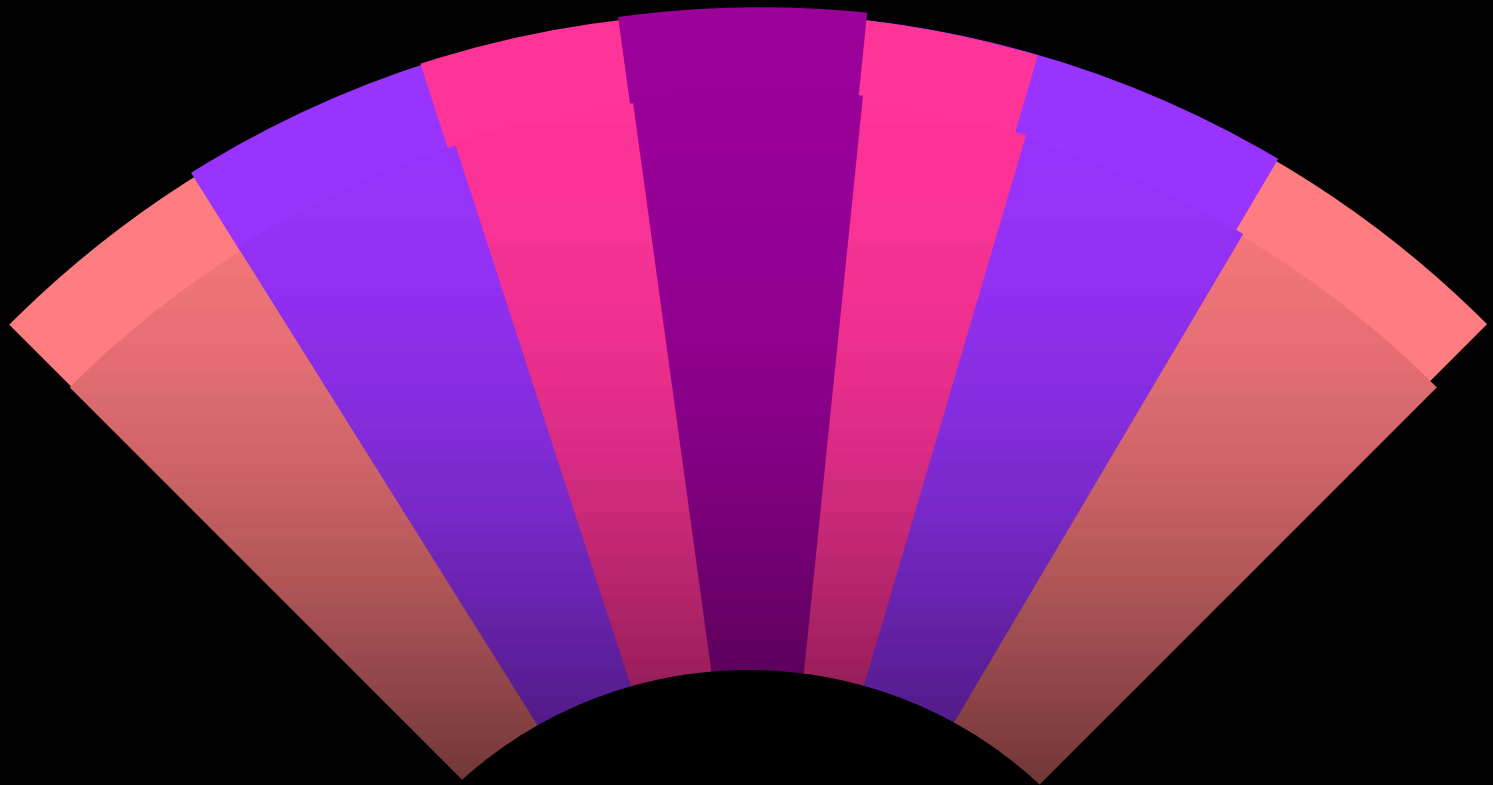
Costs

- ◆ Genetic Consultation/Evaluation: \$150-350
- ◆ Testing (depends on condition, whether or not mutation already known within a family, etc): \$300-3000+
- ◆ Private insurance covers generously
- ◆ Medicare coverage but not Medicaid




Genetic Discrimination

- ◆ Health Insurance: laws in place in majority of states, including SC
- ◆ Workplace: some protection exists
- ◆ Life insurance: no protection
- ◆ GINA currently pending in Congress



Think 3-2-1

It's that easy!



If you Answer “Yes” to the 3-2-1 Rule, you should discuss your family history with your health care professional or genetic counselor



Think 3-2-1

It's that easy!