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If you have any questions regarding the information contained in this brochure, please call our health educators at (212) 966-0228 ext. 132

如果你对本小册子的内容有任何问题，请和我们的健康教育员联系，电话: (212) 966-0228, 分机 132

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家族健康史 与你的健康



Family Health History & Your Health

关心长辈，关心自己，关心下一代

家族健康史是你与家人之间的一种纽带

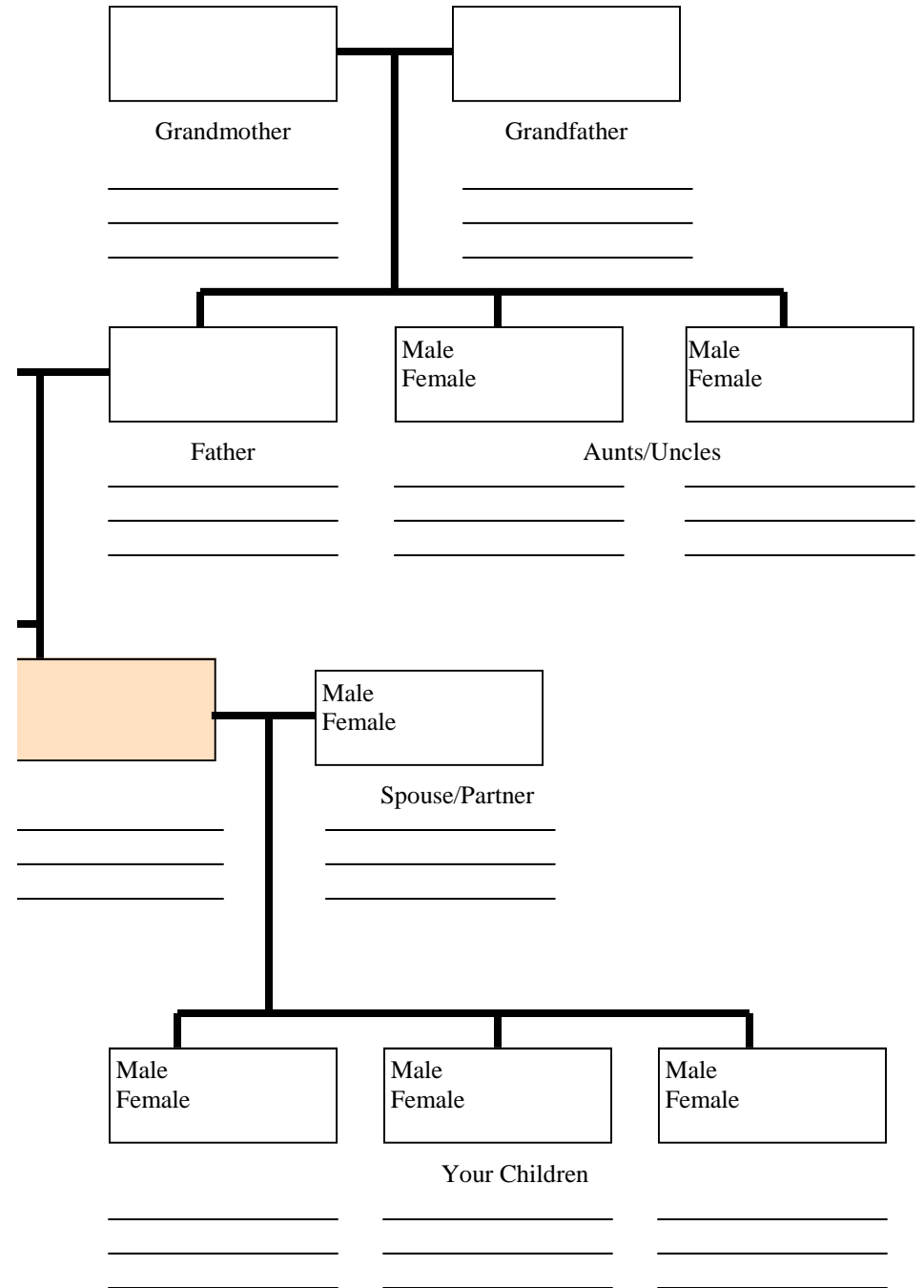
你的许多身体特征是你父母遗传给你的。你可能长着跟你爸爸一样的鼻子，也可能长得很像妈妈。但你是否知道，你患某些疾病的风险同样也能遗传，比如心脏病和糖尿病？

家族健康史是你的家人的病史

了解家族成员所患的疾病有助你预防这些疾病。你可以选择有益于健康的生活方式，来降低患上这些疾病的风险。另外，告诉医生你的家族病史，这样做能帮助他们为你提供更加恰当的医疗保健。



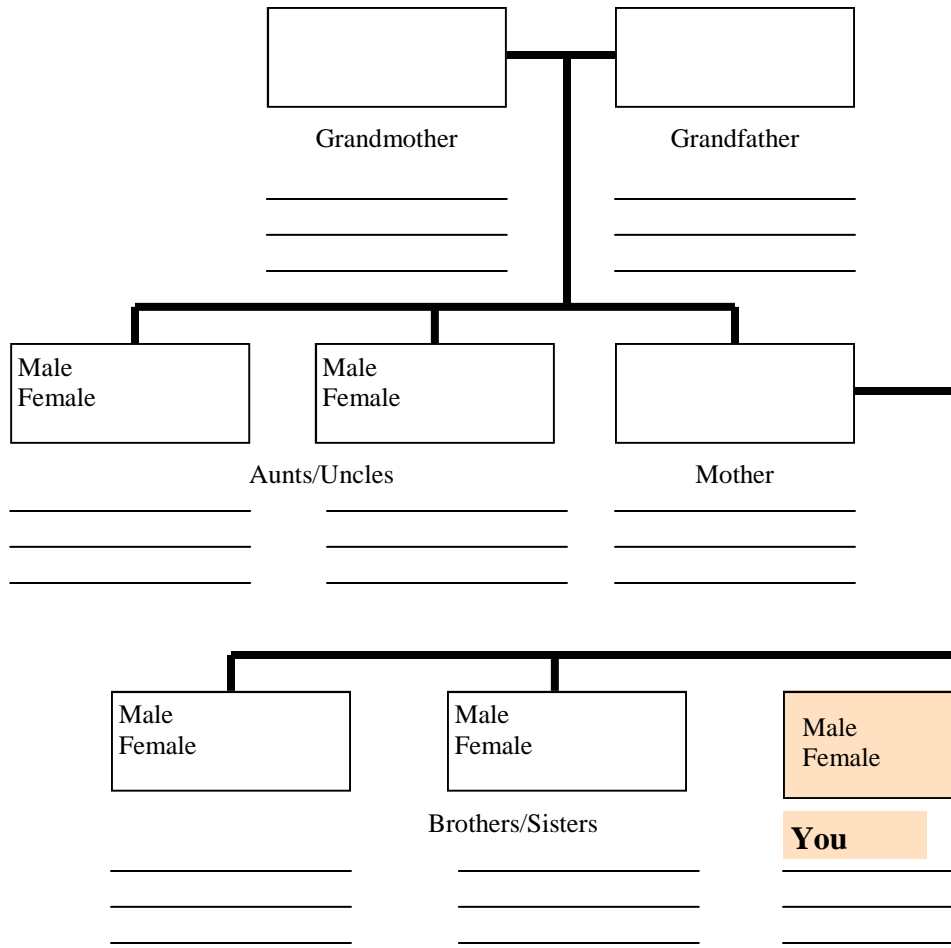
收集和分享你的家族健康史资料
有利于你和家人的健康



怎样收集家族健康史的资料？

有用的建议

- 向你的父母、祖父母和其他亲戚询问他们的病史。有些人可能不愿让别人知道这方面的情况，也可能记不得自己的病史。不要硬来，尊重他们的感受更加重要。你能得到的任何资料都会有用。
- 查看一下你家是否已经有家谱，图表或家族成员名单。
- 尽量查出每个家族成员的年龄或出生日期，及他们有过的健康问题，诸如：
 - ⇒ 慢性病，例如：癌症、心脏病、糖尿病
 - ⇒ 怀孕和分娩时的问题，例如：流产、出生缺陷、遗传病
 - ⇒ 发育残障，例如：学习障碍
- 对于已经去世的家人，查出他们去世时的年龄和死因。
- 把这些资料记录下来以免日后忘记。一个简单的方法是制作一张**家族健康史图表**。请参看背页的详细说明。最好每隔几年更新一次家族健康史。
- 跟你的医生和家人分享你收集到的资料。如果你对家族病



My Family Health Portrait

Name: _____

Date: _____

什么是遗传病顾问？
 遗传病顾问是持有证书的医疗专业人员，为人们提供有关出生缺陷和遗传病的咨询服务。你的医生可以转介你去见遗传学顾问。

收集资料时要问些什么？

不知道如何开始？下列供参考的提问可以帮助你跟家人开展家族病史的讨论：

童年时期

- 你在哪里出生？
- 你在哪里长大？
- 你小时候有过什么健康问题（生过什么病）？
- 你有没有兄弟姐妹？
- 你的兄弟姐妹中有没有人在童年时就去世的？

成年时期

- 你做过什么工作？
- 你的工作环境是怎么样的？
- 你有没有孩子？他们叫什么名字？什么时候出生的？
- 你曾有过什么影响健康的习惯吗？
- 你成年后有过什么健康问题（生过什么病）吗？当时你几岁？这些病痛需要治疗或者动手术吗？

父母和祖父母

- 你的爸爸妈妈是什么时候出生的？在哪里出生的？
- 你记得你的祖父母 / 外祖父母哪些情况？他们是什么时候出生的？在哪里出生的？
- 你记不记得你父母还有祖父母 / 外祖父母有过什么健康问题（生过什么病）？
- 你记不记得他们吃过什么药（非处方或者处方药）？他们有没有服用过中药或者草药？

家庭

- 你家通常吃什么样的食物？
- 你知道家里有没有人在怀孕或者生孩子时有过问题？
- 你认为你家有什么家族病？
- 关于你的生活或者你家的健康，你还有什么事可以告诉我？

What is a Family Health History Tree?

One easy way to record your family's health information is to make a family health history tree. It is similar to a family tree except it has health information about your family members.

To help people make their own family health history trees, the U.S. Surgeon General has created a My Family Health Portrait form. It is simple and easy to use.

Create a family health history tree for you and your family

Fill out the My Family Health Portrait form on the next page and follow the instructions below:

1. Write each of your relatives' names in the boxes and circle if they are male or female.
2. On the next line, write the name of any health conditions they have had, e.g., diabetes.
3. If you know the age at which they were diagnosed with a condition, write that information too, e.g., diabetes diagnosed at age 42.
4. If family members have died, write "passed away" and the age at which they died, e.g., passed away at age 75.
5. If you know the country that your family members are originally from, write that information too, e.g., China.
6. Once you complete the form, make a copy for your records, and share it with your doctor.

Each family is different so this form may not reflect your family. Use this chart as a starting point and change it to fit your family's needs.



Notes

什么是家族健康史图表？

制作家族健康史图表是记录家族健康资料的一个简单办法。它是用来记录家族成员的健康情况(病史)，跟家谱很像。

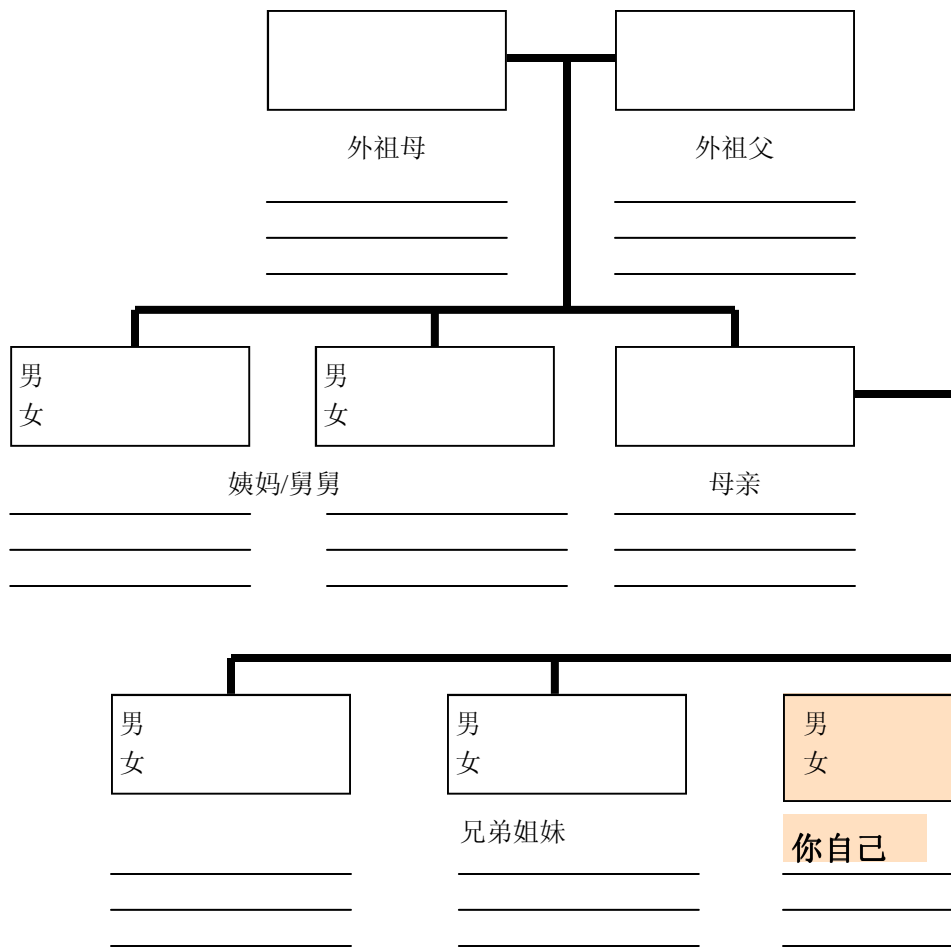
为了帮助公众自己制作家族健康史图表，美国健康教育总署编制了“我的家族健康图表”的表格，简便易用。

为你自己和家人制作家族健康史图表

按照以下指示，填写下一页的“我的家族健康图表”的表格：

1. 将每个亲戚的名字填写在方框中，并圈选男或女。
2. 在名字下面的一行，写上每个人所患的疾病，比如，糖尿病。
3. 如果你知道他们几岁时被诊断出这些疾病，写上年龄，例如：糖尿病，42岁时确诊。
4. 如果有人已经去世，写上“过世”以及去世时的年龄，例如：75岁过世。
5. 如果你知道家庭成员来自哪个国家，将此填写上，例如：中国。
6. 当你填好表格后，复印一份自己保留，并把资料跟医生分享。

每个家庭不尽相同，所以这份表格可能无法全面反映你家的情况。将这份图表作为起点，然后再根据你家的情况作更改。



我的家庭健康图

姓名:

日期:

Questions to Ask

Not sure how to get started? Here's a list of sample questions that will help you to talk with your family members:

Childhood

- Where were you born?
- Where did you grow up?
- Did you have any health problems as a child?
- Do you have brothers or sisters?
- Did any of them pass away during childhood?

Adulthood

- What jobs have you had?
- What was your work environment like?
- Do you have children? What are their names and when were they born?
- What habits have you had that could have affected your health?
- Did you develop any health conditions as an adult? At what age? Did any of these conditions need treatment or surgery?

Parents and Grandparents

- When and where were your parents born?
- What do you remember about your grandparents? Where and when were they born?
- Do you recall any health conditions that affected your parents and/or grandparents?
- Do you recall if they took any over-the-counter or prescription medicines? Did they use traditional Chinese medicine or herbal medicine?

Family

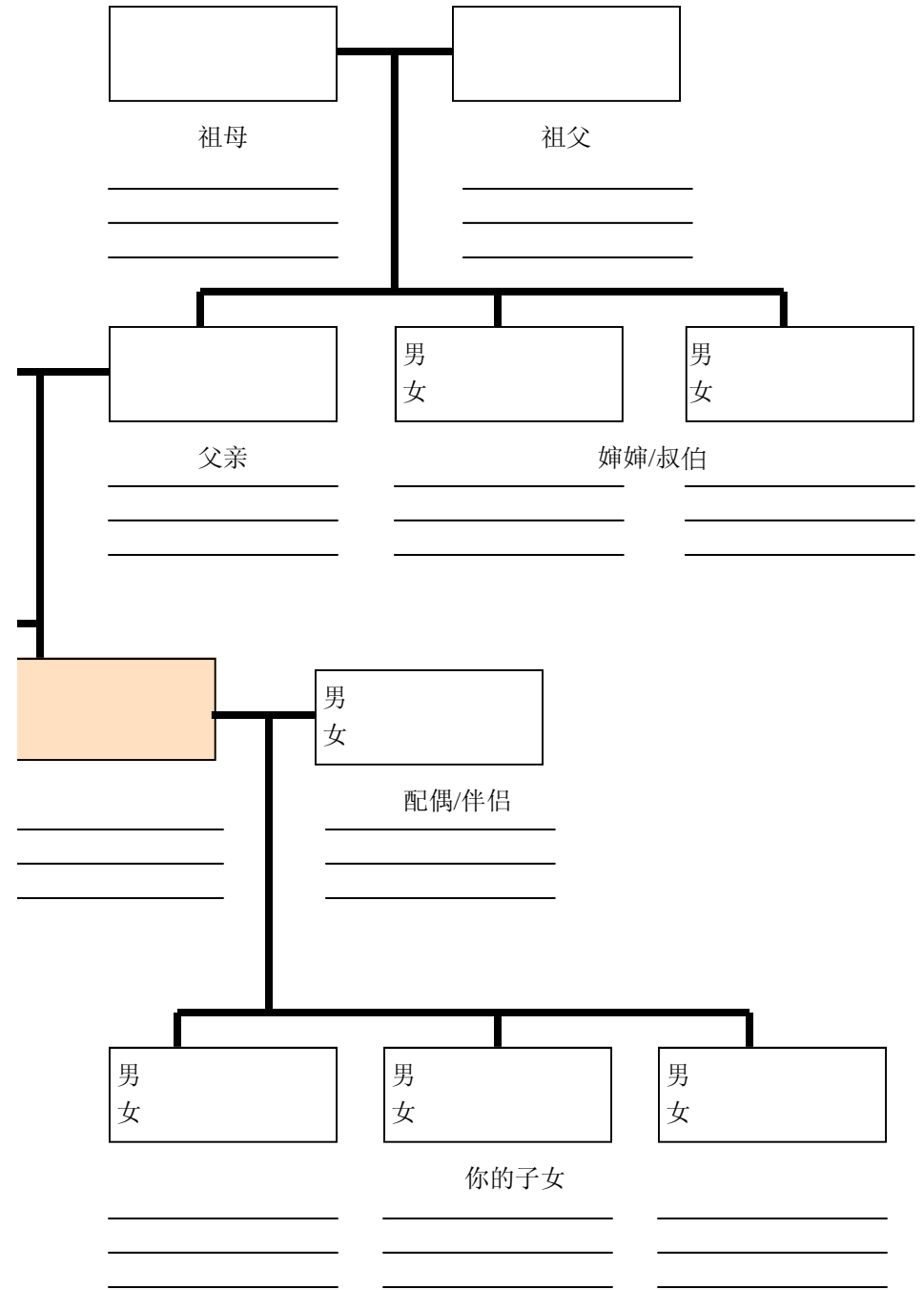
- What foods do your family usually eat?
- Do you know of any family members that had problems in pregnancy or childbirth?
- Are there any illnesses that you think might run in your family?
- Is there anything else you would like to tell me about your life or about health concerns in your family?

Courtesy of the Genetic Alliance, "A Guide to Family Health History"

How Do I Collect Health Information About My Family?

Helpful Tips

- **Talk to your parents, grandparents and other relatives about their medical histories.** Some people may not want to share information, or may not remember their medical histories. Don't push - it is more important to respect their feelings. Any type of information you get will be helpful.
- **Check if your family already has a family tree, charts, or listings of family members.**
- **For each relative, try to find out their age or date of birth, and medical problems such as:**
 - ⇒ Chronic illnesses, e.g., cancer, heart disease, diabetes
 - ⇒ Pregnancy & childbirth problems, e.g., miscarriage, birth defects, genetic disorders
 - ⇒ Developmental disabilities, e.g., learning problems
- **For family members who have passed away, find out their age at death and cause of death.**
- **Write the information down so that you will remember it.** One easy way to record it is by making a **family health history tree**. See the back for more information. Try to update your family health history every few years.
- **Share the information with your doctor and your family.** If you have concerns about your family health history, you may want to see a **genetic counselor**.



What is a genetic counselor?

A genetic counselor is a certified health professional who provides information and support to people about birth defects and genetic disorders. Your doctor may help refer you to one.



记 录

Care for Your Elders, Care for Yourself, Care for Your Children

Family health history is a link between you and your family members

Many of your physical traits are inherited from your parents. You may share the same nose as your dad, or you may look exactly like your mother. But did you know that your risks for certain health problems such as heart disease and diabetes are also inherited?

Family health history is information about diseases that run in your family

Knowing about the diseases that run in your family can help you prevent getting them. You can make healthy choices to lower your risk for getting diseases that are in your family. Also, sharing this information with your doctor will make it easier for your doctor to give you the right care that you need.



Collecting and sharing your family health history can help you and your family stay healthy