

# Choose to Know Your Family History — A Risk Factor for Heart Disease



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**Like the color of your eyes, tendencies for many health conditions are genetically passed from one family member to another.**

If you have a blood relative with heart disease, your risk for developing it significantly increases. Heart disease can be passed along to younger generations, but so can healthy habits that will help you and others avoid health risks.

The more you know about your family's health history, the more you can do to reduce your risk of heart disease. Get started today with these easy steps:

1. Map out your family's health history. Use this diagram to make a record of your blood relatives who live or have lived with heart disease.
2. Talk with your doctor or healthcare professional about what this means to you and others in your family.
3. Take the Go Red Heart CheckUp to learn your risks and get a personal action plan for a heart-healthy life.

Choosing to know your family heart history can be life changing — for you and for other family members. Visit [GoRedForWomen.org](http://GoRedForWomen.org) and learn how to make heart-healthy choices every day.