

Every time you've seen a new doctor, he or she has likely asked you about your family medical history, from your grandfather's cardiac disease to your aunt's diabetes. You can expect to get this same questioning from the practitioner who is caring for you during your pregnancy. a preconception appointment or your first prenatal visit.

Having an understanding of your family health history is critical. Knowing this information will help your practitioner take proactive steps that ensure you have the healthiest pregnancy possible.

What

Your family health history is a record of any health treatments or conditions experienced by you, your partner or your families that could potentially affect the health of your pregnancy or your baby. Many health conditions have a genetic component, so your practitioner will want to know whether certain conditions run in your family in order to evaluate your pregnancy risks, if any.

If birth defects, developmental disabilities or genetic defects run in your family, your doctor may want to screen for those in your baby as well. Your practitioner may refer you to a genetic counselor to understand how these conditions run in families and your particular risks.

How

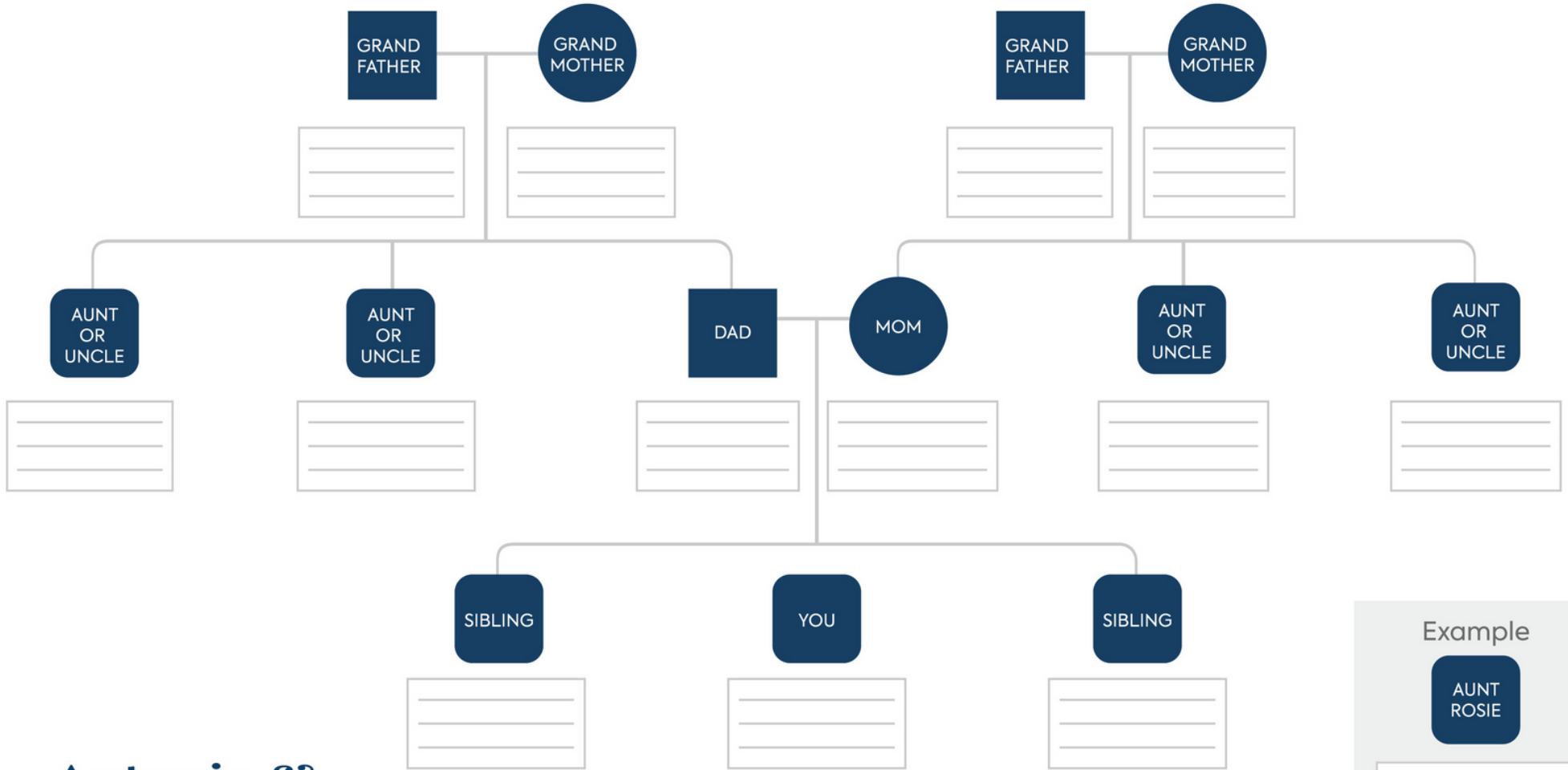
You should focus on becoming familiar with the health history of close blood relatives for you and your partner. This includes your children, parents, siblings, aunts and uncles, and grandparents. Don't worry about relatives who aren't related by blood, like step-parents. But, if your partner has children from a prior relationship, do include their medical history.

When

Ideally, you should have this task completed by your first appointment.



Family Medical History



**Antonia &
Grace**

MOTHERHOOD CONCIERGE

Example

AUNT ROSIE

Ovarian Cancer
at age 50

Complete this document for both parents