

## FAMILY MATTERS

**W**E KNOW THAT THERE ARE MODIFIABLE DISEASE risk factors such as diet, exercise, and tobacco and alcohol intake. But being aware of non-modifiable risk factors, such as family history, can be powerful tools in helping us understand and manage our health risk!

You may have inherited mom's eyes and dad's smile but what about your grandfather's diabetes? Family members share genes, habits and lifestyles that can influence health and longevity. A family history can shed light on your disease risk, be an effective path to prevention and provide you and your family doctor with useful information to:

- Assess your risk of certain diseases
- Recommend treatments or changes in diet or other lifestyle habits to reduce the risk of disease
- Determine the type and frequency of screening tests
- Identify a condition that might not otherwise be considered
- Identify other at-risk family members

To create your own family history, gather information on three generations of family members including known diseases, age at diagnosis and cause of death. Update the information periodically so you and future generations have an accurate record to disclose to health practitioners. For an added keepsake, create another section for recording personal stories and fond memories. Not only does learning about your health history help you understand your risk, it's a great opportunity to connect with family members and explore your heritage and ancestry!

## Sources:

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/medical-history/art-20044961>  
<http://nihseniorhealth.gov/creatingafamilyhealthhistory/familyhistoryanddiseaserisk/01.html>  
<http://pwc.ottawaheart.ca/awareness/heart-health-education/risk-factors/gender>  
<http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.3483991/k.34A8/Statistics.htm>



## June is Stroke Awareness Month

## LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?  
**A**RMS can you raise both?  
**S**PEECH is it slurred or jumbled?  
**T**IME to call 9-1-1 right away.

In addition to the typical signs of stroke, women can also experience dizziness, confusion, hiccups and nausea.

Whether you have a family history of stroke or not, the following healthy practices can decrease your risk:

- increase your intake of healthy foods
- manage your weight
- keep your blood pressure down
- control your blood sugar levels
- lower your cholesterol

For more information, visit  
[www.heartandstroke.com](http://www.heartandstroke.com)

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