

Family Health Holidays!

Genetic Support Foundation wishes you a Happy Holiday! We hope that you and your friends, family, and loved ones enjoy this meal and, above all, each other.

The fourth Thursday in November is also **National Family Health History Day**. While you gather with your family this holiday season, we encourage you to talk about the family's health history.

Some health conditions are **genetic**, or “run in the family,” and knowing about your family's health history in advance can allow for **early detection, better treatment, and/or prevention of these conditions**. Take a look at the health conditions below or play our Family Genetics Bingo game on the other side of this sheet to see whether you may benefit from meeting with a genetic counselor.



Have questions about your family history? Talk with your healthcare provider, visit geneticsupportfoundation.org, or make an appointment with a genetic counselor by calling 844-743-6384.

Family Genetics Bingo!

Dimples	Muscular or connective tissue disorder	Cilantro tastes like soap	Developmental or learning differences	Tongue roller
Heart disease, irregular heartbeat, or sudden cardiac death	Index finger shorter than ring finger	Freckles	Left-handed	Ovarian, pancreatic, or male breast cancer
Flat feet	Wears glasses	FREE SPACE	Cleft chin	Pinky finger curves in
Huntington disease or memory loss before age 65	Second toe longer than big toe	Attached earlobe	Hitchhiker's thumb (thumb bends backwards)	High blood cholesterol
Type O blood	Cancer before age 50	Can touch tongue to nose	Known genetic condition or variant	Short palm crease near the thumb

Talk to your healthcare provider

Does your family bingo card include any orange boxes? If so, talk to your healthcare provider about your family history and seeing a genetic counselor. This may benefit your and your family's medical care. Questions? Visit geneticsupportfoundation.org.