



FAMILY BINGO

National Family Health History Day is on the fourth Thursday of November. While you gather with your family this holiday season, we encourage you to **talk with your family about their health history**. Knowing about a genetic condition in advance can allow for early detection, better treatment, and/or prevention of these conditions.



GeneticSupportFoundation.org



Dimples	Cholesterol over 300 mg/dL	Cilantro tastes like soap	Autism or intellectual disability	Ability to roll tongue
Heart attack before age 50 or sudden death	Index finger shorter than ring finger	Freckles	Left-handed	Ovarian, pancreatic, or male breast cancer
Flat feet	Glasses or contacts	FREE SPACE	Cleft chin	Widow's peak hairline
Huntington disease or memory loss before age 65	Second toe longer than big toe	Attached earlobe	Hitchhiker's thumb (thumb bends backwards)	Seizures
Type O blood	Cancer at or before age 50	Ability to touch tongue to nose	Known genetic condition or variant	Bent/curved pinky finger

**Talk to your
healthcare
provider**

Does your family bingo card include any blue boxes? If so, talk to your healthcare provider about your family history and seeing a genetic counselor to support you and your family's medical care. For more information, visit GeneticSupportFoundation.org.