Genetic Support Foundation



FAMILY BINGO

National Family Health History Day is on the fourth Thursday of November. As you gather with family this holiday season, take some time to talk about your family's health history!

Some health conditions run in families. Knowing about these conditions can help you and your healthcare providers understand your health risks and take steps toward early detection, prevention, or better treatment.

Learn More

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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. They can help you understand what your family health history may mean for your health and whether meeting with a genetic counselor could be helpful. For more information, visit **GeneticSupportFoundation.org**.