

# Family Health Holidays!

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

Did you know that November 23rd is also **National Family 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.



Known genetic variant

Developmental or learning differences

Musculoskeletal conditions

Neurological conditions

Heart disease (especially at young ages)

Very high cholesterol

Cancers (especially breast, colon, ovarian, prostate, and pancreatic)

Consider the health history of your close relatives including parents, children, grandparents, siblings, aunts/uncles, nieces/nephews, and first cousins.

Key features that may increase genetic risk in the family include:

- Diseases that occur at an earlier age than expected
- The same condition in more than one close relative

**Have questions about your family history? Talk with your healthcare provider, visit [geneticsupportfoundation.org](https://geneticsupportfoundation.org), or make an appointment with a genetic counselor by calling 844-743-6384.**

# Family Genetics Bingo!

Dimples	Muscular disease (Marfan syndrome, muscular dystrophy, etc.)	Cilantro tastes like soap	Developmental or learning differences	Can roll their tongue
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	<b>FREE SPACE</b>	Cleft chin	Clinodactyly (finger curves to one side)
Huntington disease or early-onset 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? Call 844-743-6384. ❤️