

# FAMILY HEALTH HISTORY CONVERSATION GUIDE



As up to 25% of breast and ovarian cancers are familial or hereditary, **having an understanding of your family health history landscape can act as a powerful roadmap for you and your healthcare provider.** Talking to your family about your family health history can be awkward, and sometimes difficult, but it is a conversation worth having! Here are some tips to guide you:

*If you cannot access your family health history, talk to your doctor or a genetic counselor about what options are available to you.*

## Embrace a Spirit of Openness

This comes first and foremost and needs to be reciprocal. Be open to asking and answering questions and approaching your conversation with a spirit of trust and confidentiality. Consider the other person's state of mind and make sure you have time and a comfortable space to talk.

## Have Questions Ready

Knowing what you want to ask can help you feel prepared to have this conversation. Download **Bright Pink's Family Health History Form** to use as your guide!

## Explain Why You're Asking

These conversations can be difficult and talking about family health history may not be part of your normal conversations. Consider starting the conversation this way: "I recently read about how family health history information can help prevent disease or diagnose it early. I realized that I don't know much about this in our family! Do you mind if I ask a few quick questions to help understand what this could mean for my health?"

## Collect What You Can

This process isn't foolproof, and you may have to do some digging to get all of this information. If you aren't able to answer every question, don't let that discourage you. You've taken an amazingly proactive step by collecting what you can.

## Find a Community That Inspires You

There's no better way to feel empowered than by talking to your friends and other phenomenal individuals that have the same life-saving goals. Find a community that you can talk to and supports you along your individual health journey.



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