



- Diabetes
- Stroke
- High blood pressure
- Heart attack at an early age

Grandparent

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Grandparent

- Diabetes
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Parent

- Diabetes
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Parent

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YOUR NAME HERE

- Diabetes
- Stroke
- High blood pressure
- Heart attack at an early age
- Obesity/Overweight

- High total cholesterol or LDL (bad) cholesterol
- Low HDL (good) cholesterol
- Smoking or exposure to secondhand smoke
- Physical inactivity
- Advancing age

Child

- Diabetes
- Stroke
- High blood pressure
- Heart attack at an early age

Child

- Diabetes
- Stroke
- High blood pressure
- Heart attack at an early age

Use this tree to learn more about your family's health history. Identify blood-related family members who have lived with diabetes or other serious health conditions. Then, share this Family Tree with your healthcare team. They can tell you what you can do to reduce your risk of developing these conditions. For more information on *The Heart of Diabetes*, visit:

IKnowDiabetes.org