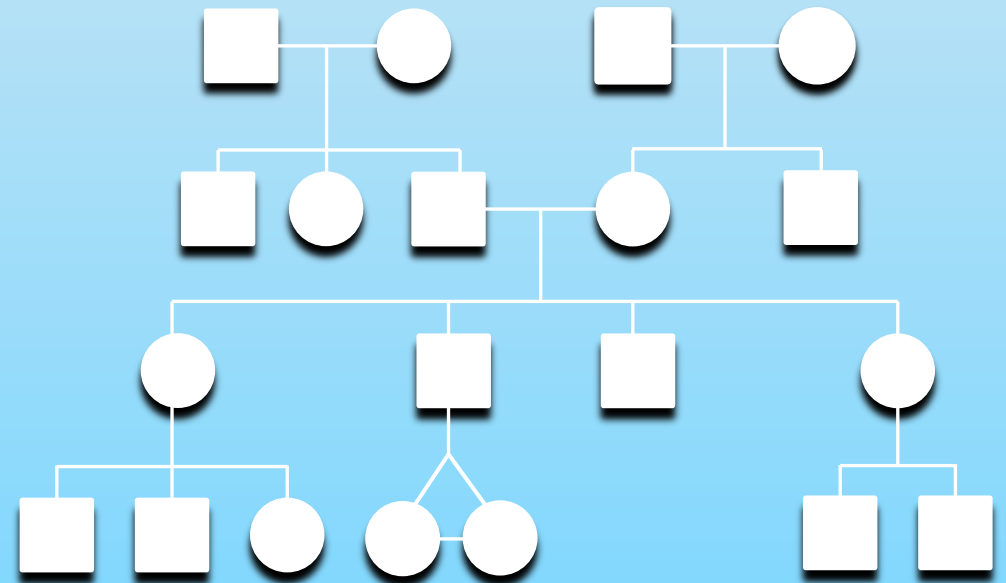


# How to draw your Health Family Tree



# User Notes

- Do not be put off if you have never used a PDF before.
- This PDF requires Acrobat Reader (version 5 upwards). For the latest version go to [get.adobe.com](http://get.adobe.com).
- There is a great deal of information in this learning tool. Do not panic, just take it slowly, at your own pace. You control the information and can revisit it, at any time.
- When you see underline writing you can click on this text to find more information and again, you can revisit at any time (see examples here).
- We have provided 'BACK' buttons to return to the previous page, if you have clicked on to a link page. The 'BACK' button is at the bottom of key pages.
- It is best to use the PAGES view in Acrobat Reader. You can find this on the menu toolbar at the top of the page, click on ...*VIEW then NAVIGATION PANELS then PAGES*.
- Finally, any issues, comments or for help please email [ScotGEN](mailto:ScotGEN) or call +44 (0)141 331 8535.

# Notes on family history

Read before progressing with this demonstration.

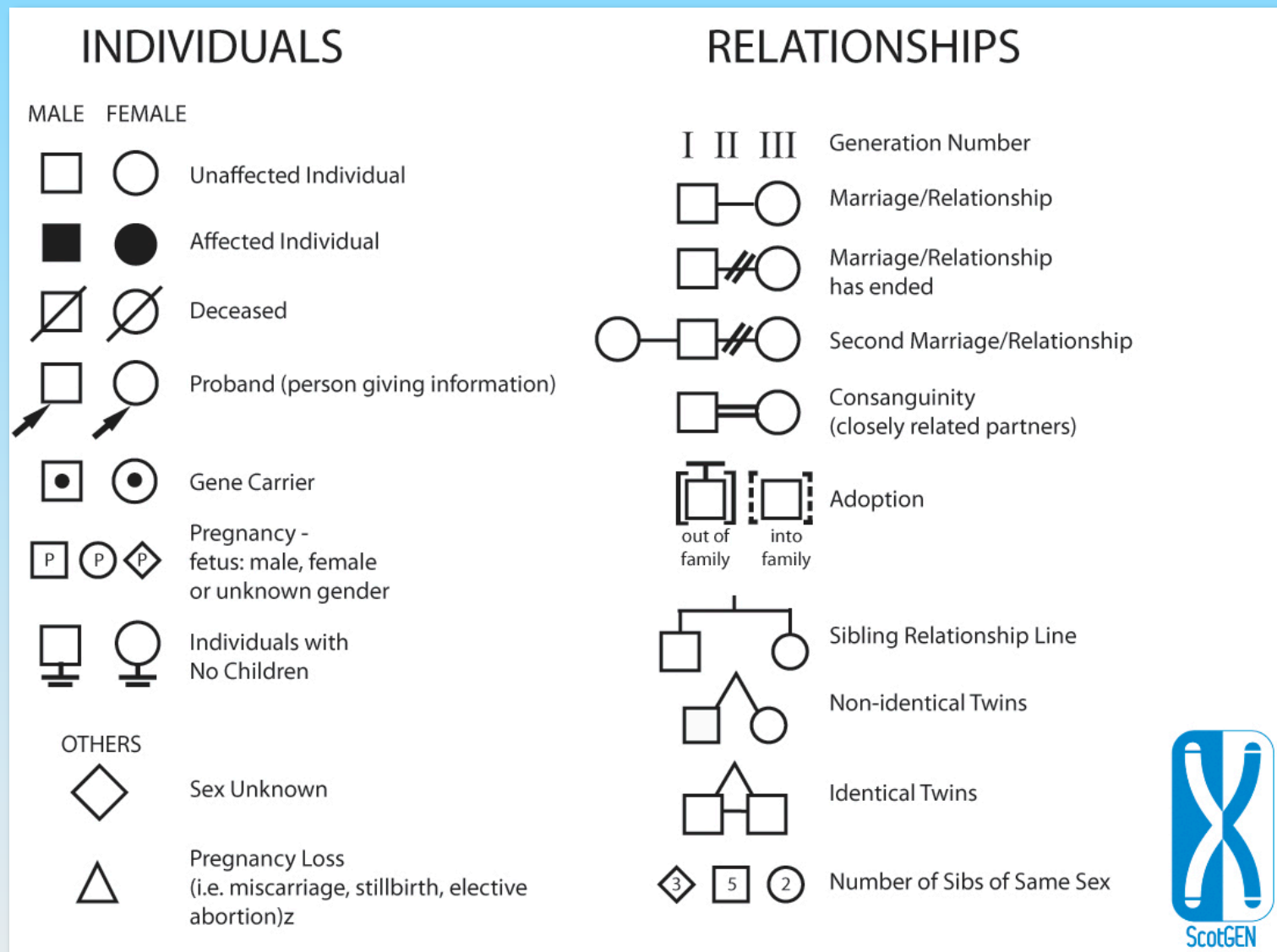
- Ensure you have read [About Your Health Family History](#) information leaflet before viewing.
- This demonstration will inform you of the health information you need to record on your family members.
- This family tree will be a record of health information on your family members, not the history of your family over generations (genealogy).
- You should view this demonstration, from beginning to end, at least once before you start to collect information from family members.

# Getting Started

- You can print a copy of the [Family History Form](#) or use a plain sheet of paper to draw your family tree.
- The [Additional Medical Information Form](#) is used to collect information on family relatives with a condition. This can be printed, if required.
- It will be useful to have this document [Symbols and Relationship Lines](#) on your computer screen or as a print-out, as you draw your family tree.
- Use a pencil to draw the construction of your family tree. This allows it to be edited over time.

\* Clicking on the underlined text will take you to the named document

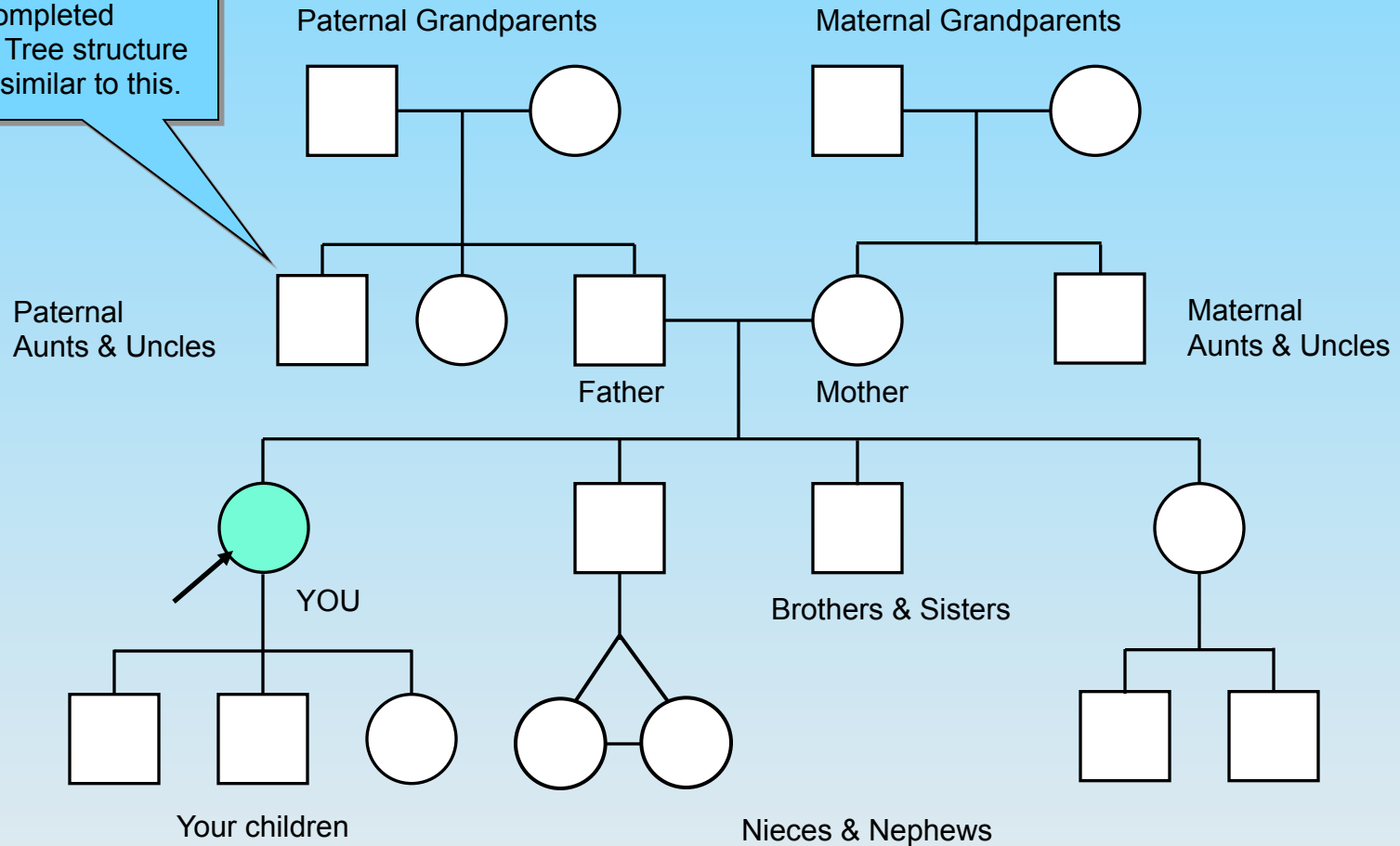
# Symbols and relationship lines





# How your Family Tree is constructed

Your completed Family Tree structure will be similar to this.





# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree

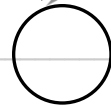


Key

.....	<input type="checkbox"/>
.....	<input type="checkbox"/>
.....	<input type="checkbox"/>

Date .....

When you start to think about drawing your family tree, you should start mid way down the page.



# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



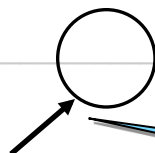
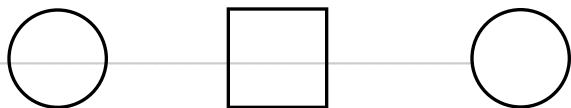
Key

.....	<input type="checkbox"/>
.....	<input type="checkbox"/>
.....	<input type="checkbox"/>

Date .....

If possible your brothers and sisters should be arranged in order of age - eldest from the left

Remember ...  
 ... a circle = female  
 ... a square = male



Use an arrow to identify yourself in the family tree

# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



Key

.....

.....

.....

Date .....

For your family tree to be useful to health professionals, recording vital information for each person, on your family tree, is important (see next slide)




We do understand you will not be able to get all the information for everyone


# How to construct a Family Tree


Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



**Key**

Diabetes Type 2 

..... 

..... 

Date .....

You need to create a KEY for any condition in your family.

For each person:

- full name;
- maiden name or other names (in brackets);
- date of birth;
- age of diagnosis of any condition;
- age and date of death (if applicable)

Diagnosed at age 41  
Diabetes Type 2

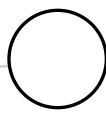
Diagnosed at age 37  
Diabetes Type 2



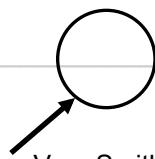
Helen Doe  
14/5/68



James Doe  
4/10/70



Jane Brown  
(Doe)  
27/3/72




Vera Smith  
(Doe)  
12/1/75


# How to construct a Family Tree


Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



Key

Diabetes Type 2 

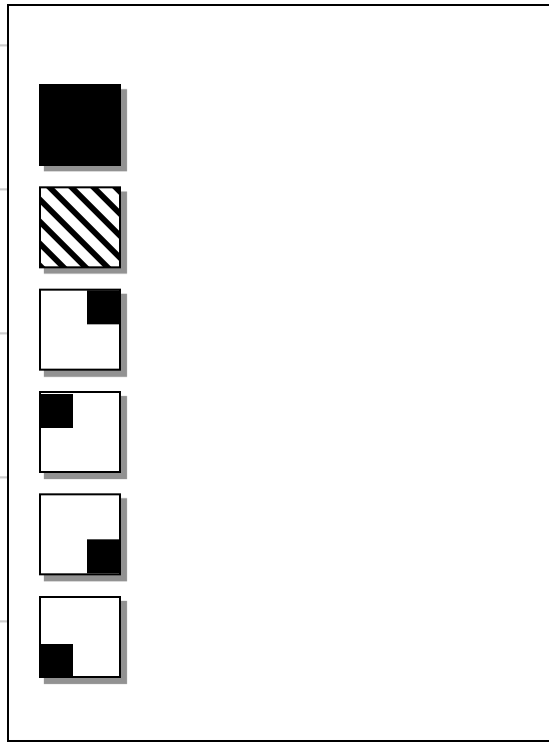
..... 

..... 

Date: 24/10/2009

Date the family tree, this allows ages to be calculated.

Example Key:  
You can use any of these for conditions in your family or create your own






# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



### Key

- Diabetes Type 2 
- ..... 
- ..... 

Date: 24/10/2009

You can use symbols to represent the words

- 'diagnosed' = Δ
- 'died' = † or 'd'
- 'at age' = @

Δ Diabetes Type 2 @ 41

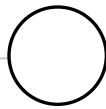


Helen Doe  
14/5/68

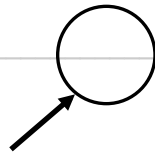
Δ Diabetes Type 2 @ 37



James Doe  
4/10/70



Jane Brown  
(Doe)  
27/3/72




Vera Smith  
(Doe)  
12/1/75


# How to construct a Family Tree


Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



**Key**

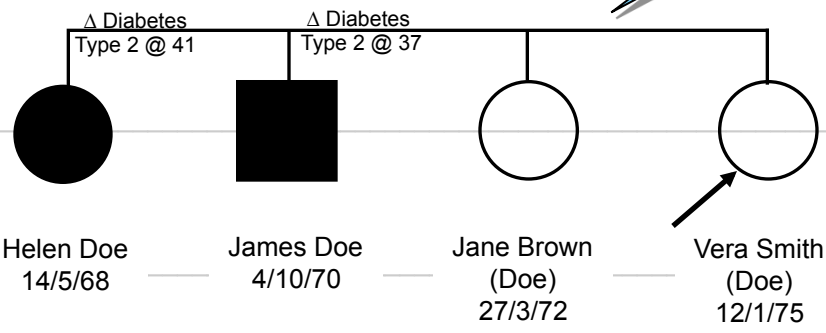
Diabetes Type 2 

..... 

..... 

Date: 24/10/2009

When you have drawn your brothers and sisters you need to join family members to each other.




# How to construct a Family Tree


Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree




Date: 24/10/2009

**Key**

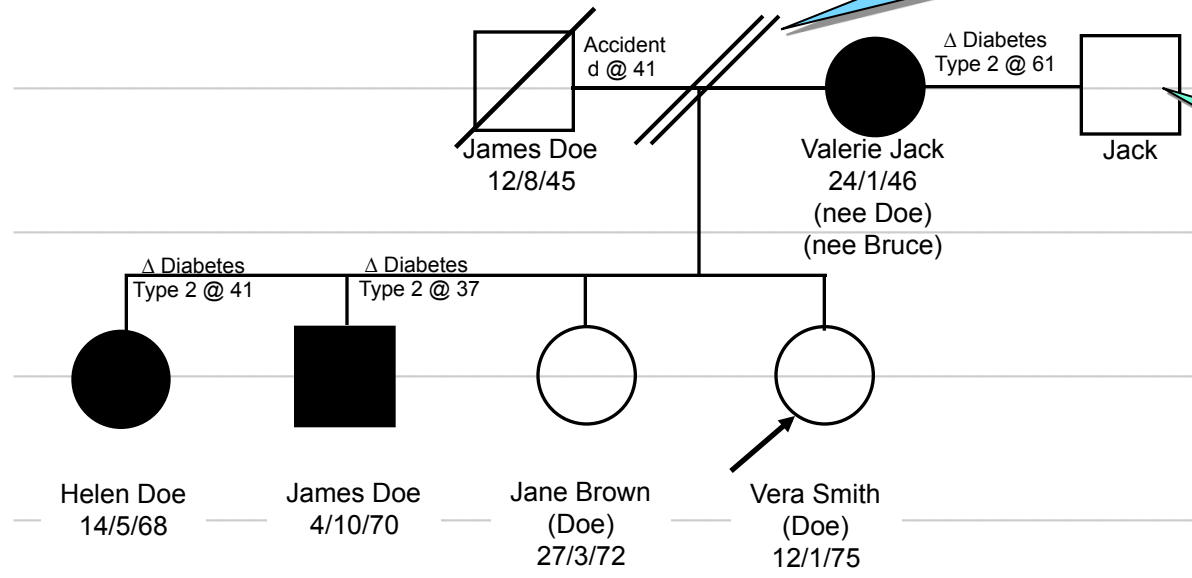
Diabetes Type 2 

..... 

..... 

Now add Parents.  
When drawing a partnership, traditionally males are on the left and females are on the right.

You can add another partner like this





# How to construct a Family Tree


Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



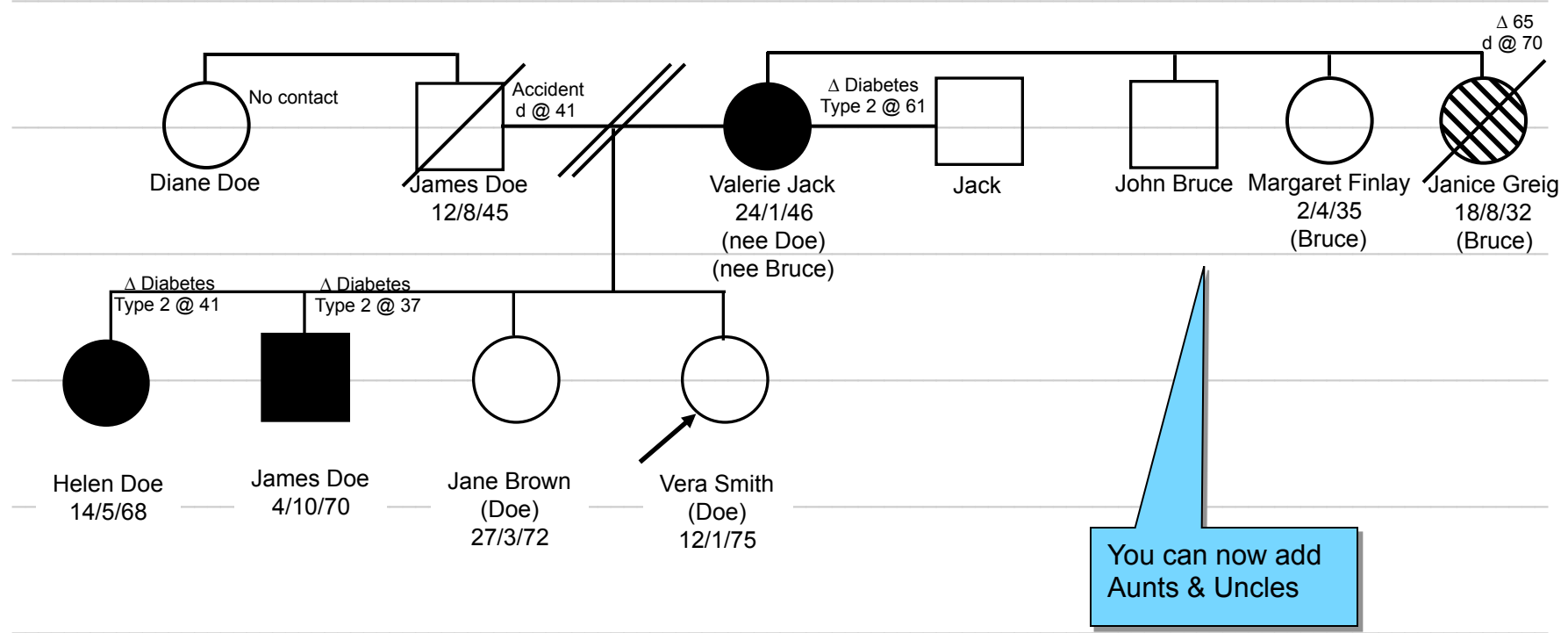
**Key**

Diabetes Type 2 

Breast Cancer 

..... 

Date: 24/10/2009



You can now add Aunts & Uncles

# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree

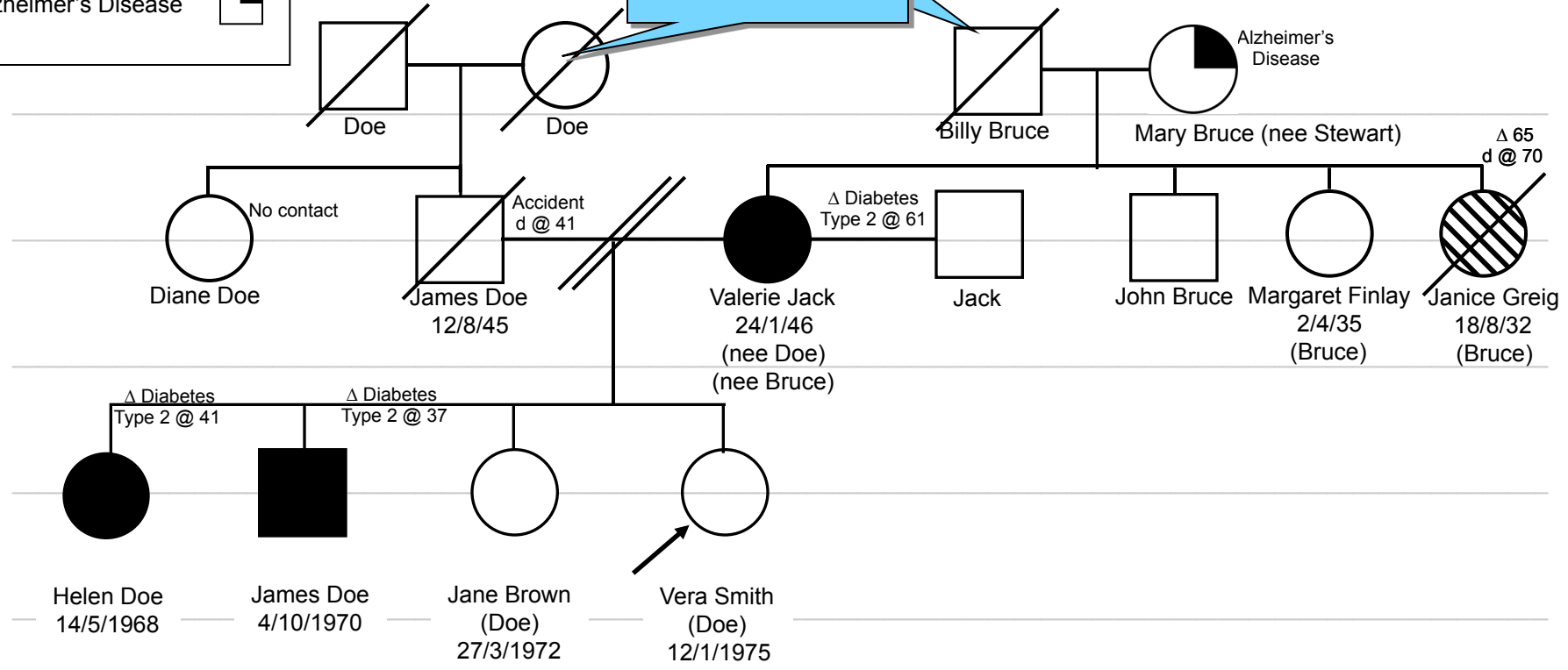


**Key**

- Diabetes Type 2
- Breast Cancer
- Alzheimer's Disease

Date: 24/10/2009

You can now add Grandparents



# How to construct a Family Tree

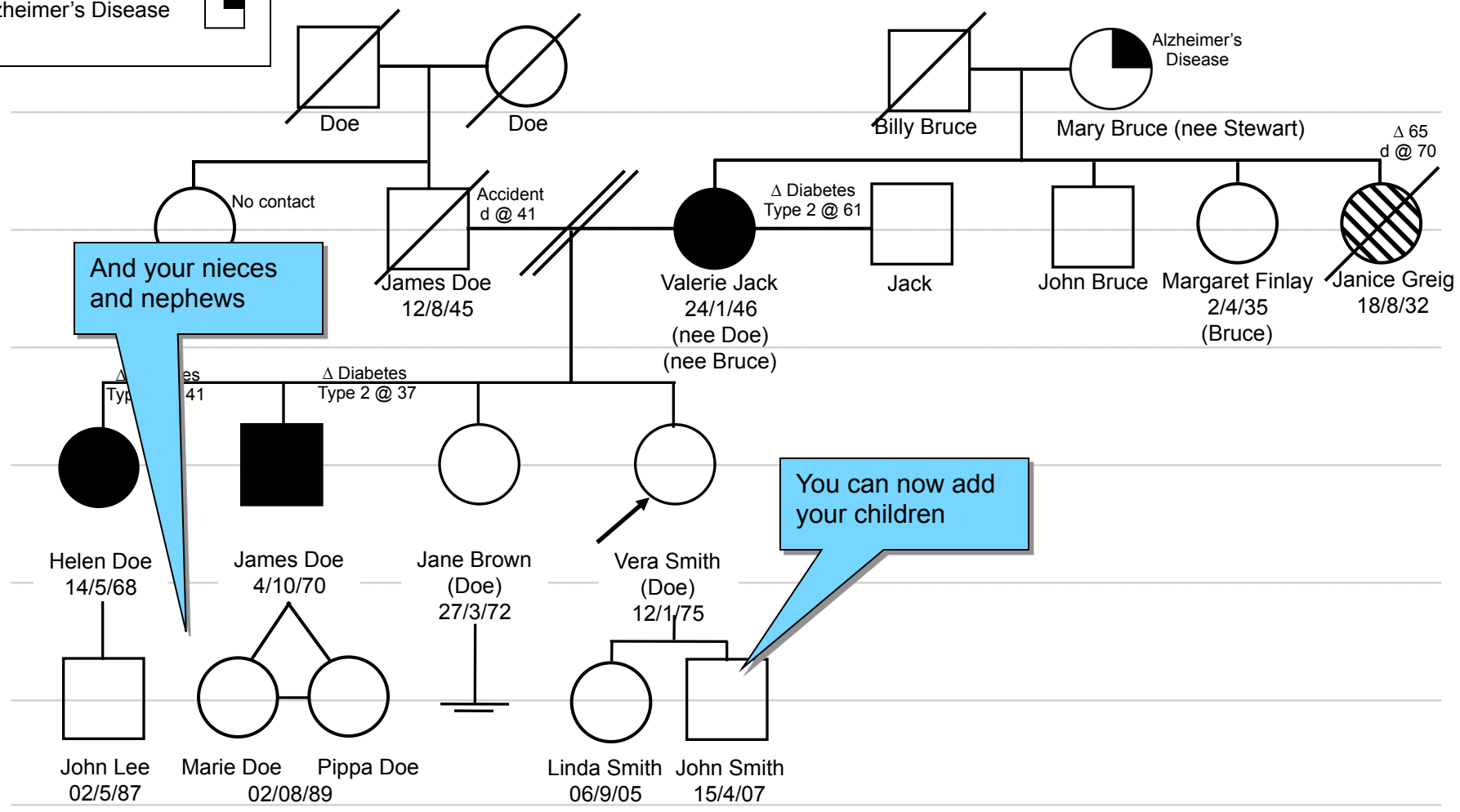
Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



Date: 24/10/2009

**Key**

- Diabetes Type 2
- Breast Cancer
- Alzheimer's Disease



And your nieces and nephews

You can now add your children

# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree

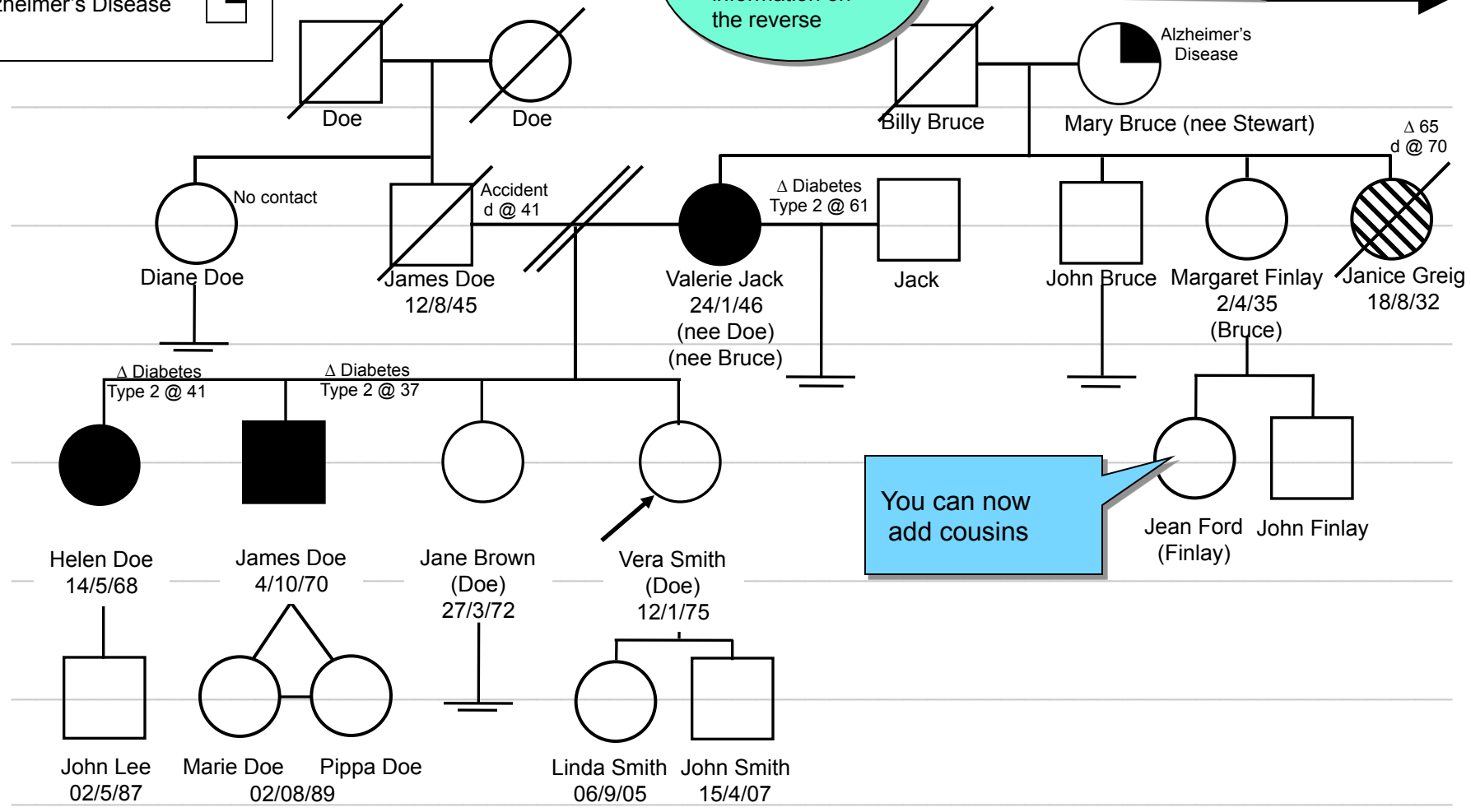


**Key**

- Diabetes Type 2
- Breast Cancer
- Alzheimer's Disease

Date: 24/10/2009

Please use an arrow to show there is more information on the reverse



You can now add cousins

# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree

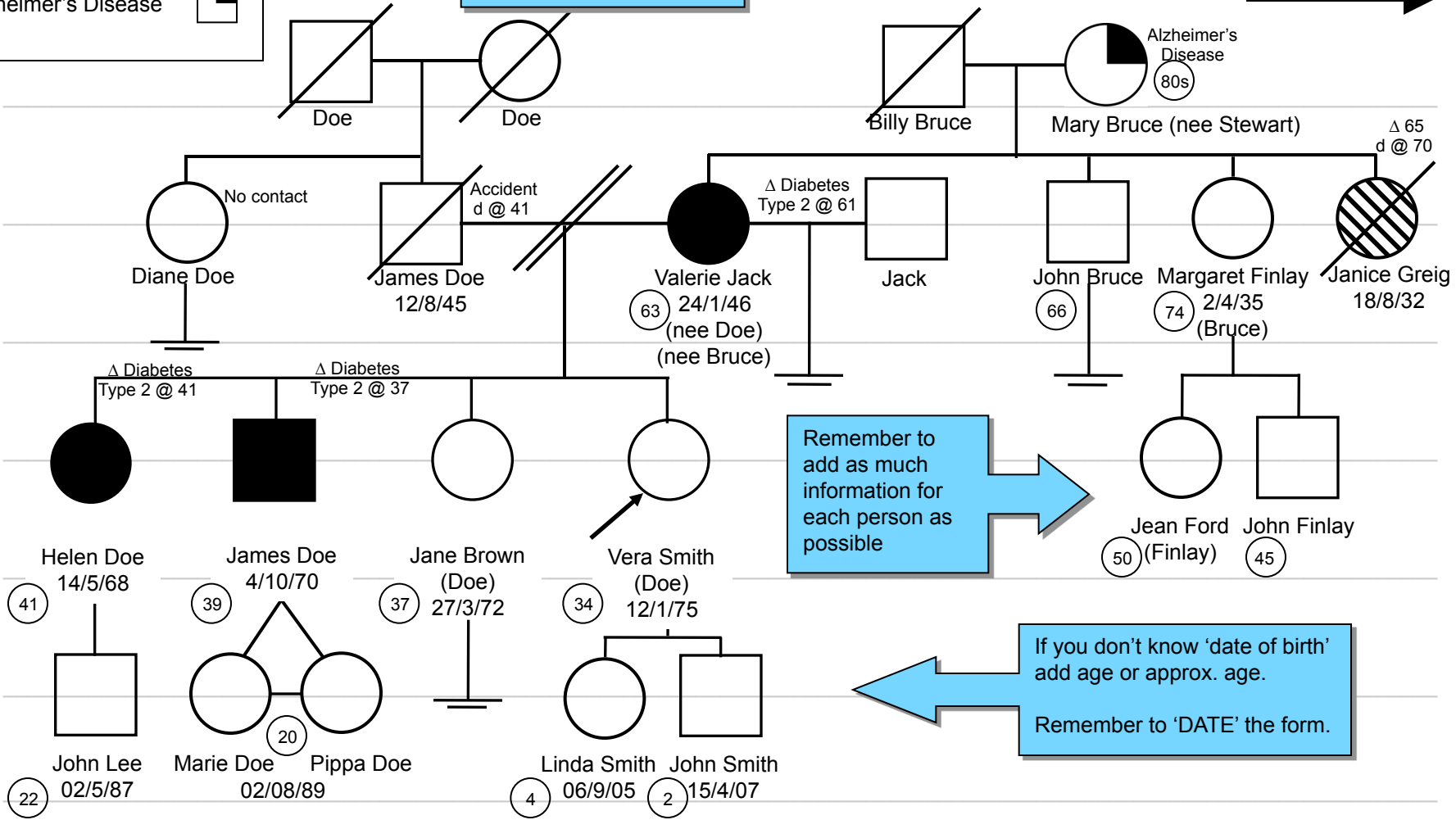


**Key**

- Diabetes Type 2
- Breast Cancer
- Alzheimer's Disease

If you make any change, add 'updated on date' but leave the original creation date. This allows ages to be calculated.

Date: 24/10/2009



Remember to add as much information for each person as possible

If you don't know 'date of birth' add age or approx. age.  
Remember to 'DATE' the form.

# How to construct a Family Tree

Using the Symbol & Relationship Lines Information sheet will help you construct your Family Tree



Date: 24/10/2009

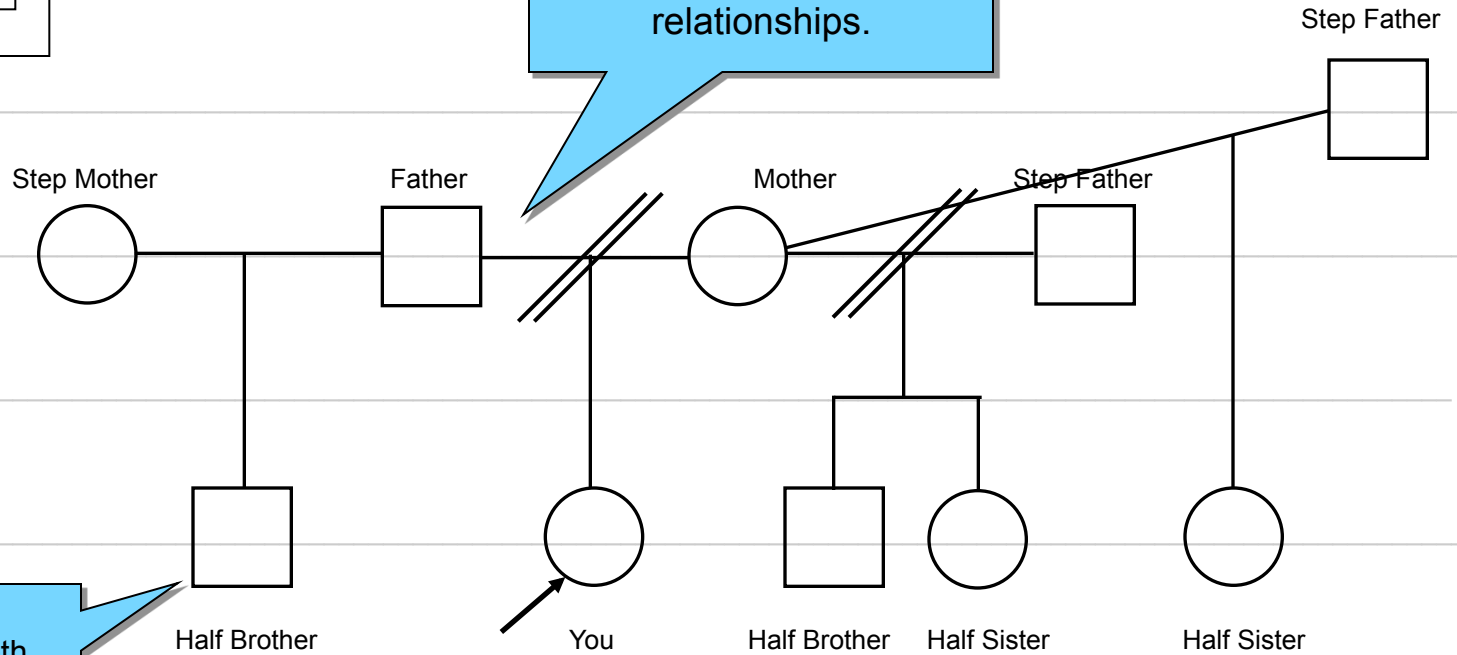
Key

.....

.....

.....

Drawing complex relationships.



This is your Half Brother as you both have the same father.

These are your Half Brother and Half Sisters as you all have the same mother.



# Additional Medical Information Form

Full Name: .....

Maiden name or other names (if applicable): .....

Date of birth: .... / .... / ..... Condition: .....

Age at diagnosis: ..... Hospital where treated: .....

Name of Consultant: .....

Date of death (if applicable): .... / .... / .....

- Use the Additional Medical Information Form to record additional information on relatives that have a condition recorded on your family tree
- This form should be kept safe with your health family tree. This additional information will only be required if, you need to see a health professional to discuss your family history further.

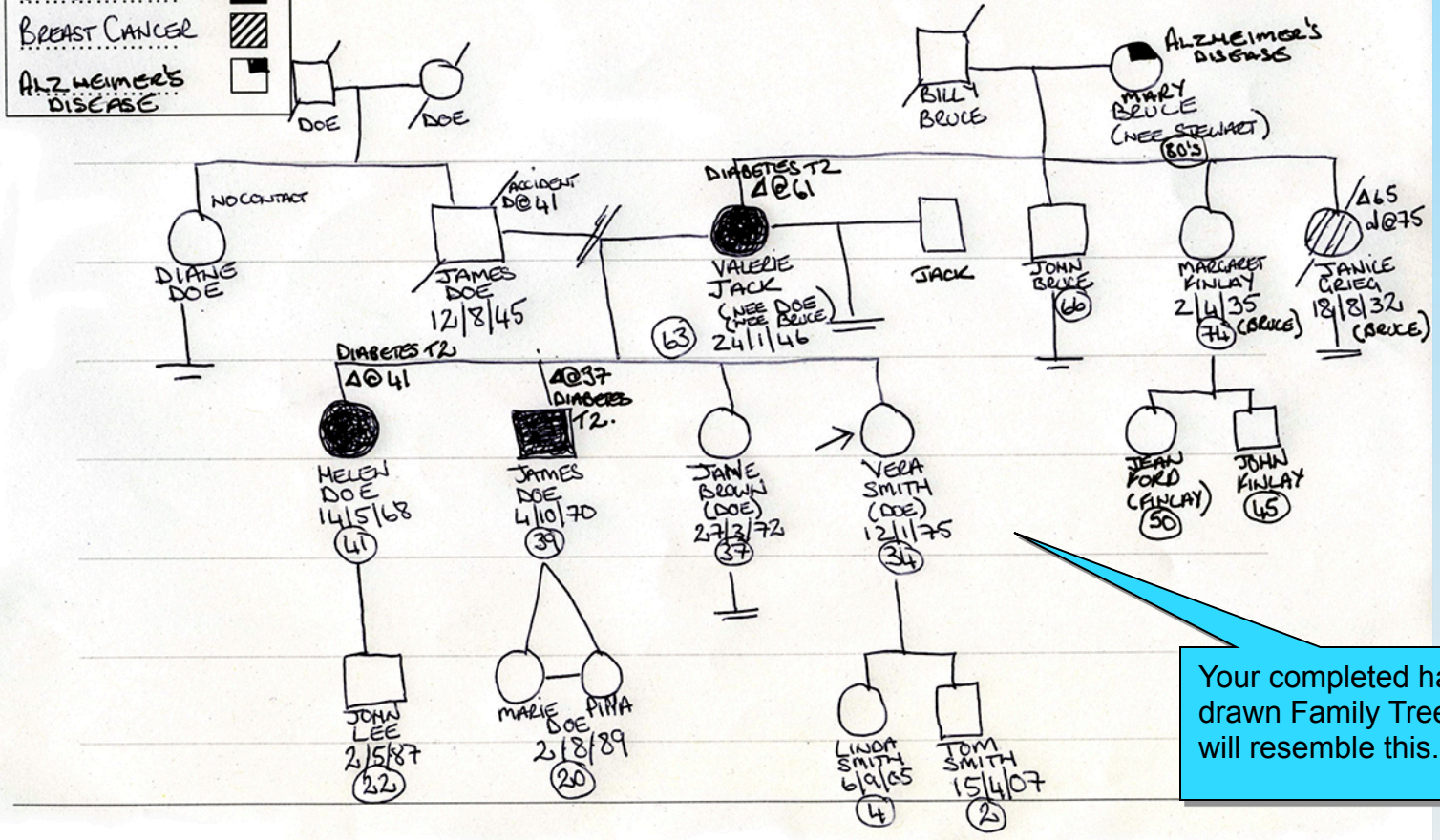
# Hand drawn Family Tree

## A Family History Form

Key

- DIABETES -TYPE 2
- BREAST CANCER
- ALZHEIMER'S DISEASE

Date 24/10/2009



Your completed hand drawn Family Tree will resemble this.



# Points to remember

- Collecting the correct information on your family members will take time.
- Collecting some information requires sensitivity, particularly when someone has a condition.
- People may be reluctant to give you information. You should respect this.
- You will not get all of the information on every family member.



# General Points

- You will note that you are not asked to record your partner on this family tree, as this family tree relates to your blood relatives. If you have children then your partner may also want to record his family information as a family tree.
- When your children are adults they can be given a copy and can generate their own family tree to pass to their children.
- Keep this information in a safe place as it may have sensitive information. This information should only be required by a health professional to give you guidance and advice.
- Please take your family tree to your own GP and discuss your concerns and seek advice.