

Every family has a health story – know yours!

One conversation could make all the difference.

If you learn that there is a history of cancer in your family this doesn't mean you will develop cancer, but it provides insights so that you can take steps to protect your health and the health of your future generations.

Your story matters.

While discussing cancer with family members may be difficult, it is important health information. Here are some conversation starters:

"I recently had my check up and my provider asked me if I have a family history of cancer. Do you know if we do?"

"I've been thinking about our family's health lately, especially since (family member) was diagnosed."

"Do you know how their cancer was discovered?"



Share your family cancer history with your primary care provider.

Depending on your risk factors, you may need to be screened earlier or more frequently. Your primary care provider can create a cancer screening and early detection plan designed just for you.

Patterns to look for:

- Family member(s) diagnosed before age 50
- Several family members diagnosed with the same cancer
- Cancer in paired organs, such as cancer in both breasts
- Cancer type diagnosed across generations
- Family member(s) with known genetic mutations
- Groupings of different types of cancer, for example mom with ovarian cancer, sister with breast cancer and uncle with pancreatic cancer

Cancers in first degree relatives like parents, siblings or children are most likely to influence your own risk.

40% of new cancers could be prevented with lifestyle changes.

Family history is important, but is not your only risk factor. The majority of cancer occurs in people with no known family history.

Learn more about what you can do today:
riversideonline.com/preventcancer.



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If you are adopted or do not have access to family history, share this information with your primary care provider, who can help you explore alternative options, such as genetic counseling.

