

Family Medical History

For: _____ Last updated: _____

One line per relative. Approximate ages are fine — "what" and "when" matter most. Use "?" for unknowns.

Immediate Family (first degree)

Relative	Living / deceased (age)	Conditions	Age of onset
Mother			
Father			
Sibling			
Sibling			
Sibling			
Child			
Child			

Mother's Side

Relative	Living / deceased (age)	Conditions	Age of onset
Grandmother (maternal)			
Grandfather (maternal)			
Aunt / uncle			
Aunt / uncle			
Aunt / uncle			

Father's Side

Relative	Living / deceased (age)	Conditions	Age of onset
Grandmother (paternal)			
Grandfather (paternal)			
Aunt / uncle			
Aunt / uncle			
Aunt / uncle			

Other Relatives (half-siblings, cousins — if relevant)

Relative	Living / deceased (age)	Conditions	Age of onset

Patterns & Notes

Anything that repeats across relatives (same cancer twice, early heart disease on one side), plus who to ask about the unknowns.

Conditions worth recording: heart disease & stroke, high blood pressure or cholesterol (if diagnosed young), diabetes, cancer (type + age at diagnosis), mental health conditions, autoimmune & thyroid conditions, anything unusual or early.

Tip: your family history is one section of the one-page summary a new doctor needs. mymedica.me assembles the rest from your medical documents automatically.