

Unlock your *HERstory*

Talking with your family about your shared health history helps you know your personal risk.

Hey gurl - Your chance of getting cancer comes from both your parents. Be sure to include both sides!

Hey gurl - Remember to do the best you can and don't be discouraged or worried if you can't answer every question. You took a big step toward protecting your gurls just by showing up to the work!

Name _____ Age _____

Have any close relatives been diagnosed with any of the following?	Mom's side	Dad's side	Relationship to you	How old were they when they were diagnosed?	How are they doing now? (in remission, fighting, passed away)
Breast cancer diagnosed at 45 or under					
Triple negative breast cancer at 60 or under					
Male breast cancer					
Ovarian cancer, primary peritoneal cancer, or fallopian tube cancer					
Pancreatic cancer					
Prostate cancer					
Colon cancer					
High blood pressure/hypertension					
Diabetes					

Did anyone listed above have *genetic testing*? If so, were there any mutations?

Has any one relative had more than one breast cancer diagnosis (cancer in both breasts or two separate breast cancers in one breast)?

Do any of the women in your family have *dense breasts*?

For the women in your family: When was their last mammogram? When was their last annual check-up?

Do you have two or more relatives who have been diagnosed with breast cancer, with at least one diagnosed at 50 years old or younger?



The only solution is conversation. Share this completed worksheet with your doctor!
 Visit loveofmygurls.org to learn more about Black Breast Health & family health history.





For the
Love of
My
Gurls