

Name: \_\_\_\_\_

Period: \_\_\_\_\_

**"Discovering Your Health History**

**Personal Genogram Project**

**Project I**

**Due Date:** \_\_\_\_\_

**IF YOU HAND IN PROJECT BEFORE \_\_\_\_\_ YOU WILL RECEIVE EXTRA CREDIT!!**

People who consistently make poor lifestyle choices can expect to suffer from a set of diseases known as "lifestyle diseases." However two causes, besides people's own choices, can bring on any number of diseases. One of these causes is heredity the other, environment. Although you cannot always avoid harmful hereditary and environmental factors, you can control them to some extent. Knowledge of your heredity can help you learn what steps to take to lessen your chances of detecting or developing diseases that run in your family.

Conduct an investigation into your family medical history to determine the possible prevalence of any particular disease. **If more than one disease is prevalent you need to only investigate one disease.** However, it would benefit you, as well as your family, to cover any diseases that show a pattern of occurrence in your family. After you conduct your inquiry, you should fill in the "Disease Investigation Report", as well as your family medical tree.

**You must reference any research used!! You must develop a works cited page and use correct parenthetical documentation. If you need help with this, please see Mrs. Speiss as soon as possible. Citing your sources is worth 15 point of the grade.**

If you do not have access to family medical records, you will eliminate the use of the "family tree" and use the "Disease Investigation Report" to research cardiovascular disease or diabetes. **You must notify Mrs. Speiss by \_\_\_\_\_ if this is the way your report will be conducted. If you do not have access to your family tree, but you have been diagnosed with a particular disease, condition or ailment, you may get approval to start your own genogram.**

## Guidelines for Family Medical History Research

The more you know about your family history, the better chance you have of protecting yourself against illnesses that may be hereditary. If you know you are at risk for a disease because of heredity, you can do a lot to prevent it—either by changing your habits or by detecting problems early.

- Collect as much medical information as possible about your great-grandparents, grandparents, aunts, uncles, parents, and siblings. The best sources of this information are family members, so allow plenty of time for interviews.
- Find out about your relatives' major diseases, surgeries, and causes of death. (Including chronic ailments such as ulcers, asthma, or depression.) If complete information isn't available, at least try to find out how people died and how old they were at the time of death. Any information will help.
- Pay attention to your relatives' dependencies, including alcohol, prescription and over the counter drugs. Find out when your relatives had their heart attacks and strokes. The earlier the heart attack, the greater the chance the disease is genetic.
- 1. Complete the Family Tree
  - Look for patterns in the types of cancers, mental illnesses, alcoholism, asthma, arthritis, diabetes, and so forth your family has had.
- Select one disease that seems the most prevalent.
- Utilize your work packet for a "rough draft". Final projects must be typed in size 12, font -times new roman, and double spaced, 2-3 pages in length. Parenthetical citations and works cited page.

\*\*\*\* YOU WILL ...\*\*\*\*\*

1. SHOW ME YOUR COMPLETED FAMILY TREE--- date: \_\_\_\_\_
2. SHOW ME YOUR ROUGH DRAFT OF ESSAY--- date: \_\_\_\_\_
3. HAND IN YOUR TYPED PROJECT (with works cited)- date: \_\_\_\_\_

**The following advice for conducting your interviews was taken from the Mayo Foundation for Medical Education and Research.**

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**1. Respect privacy**

As you collect information about your relatives, respect their right to confidentiality. Some people may not want to share any health information with you. Or they may not want this information revealed to anyone else. Relatives may not want to talk about alcoholism or mental illness. Be tactful and compassionate. Understand their rights.

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**2. Explain your purpose**

Emphasize that your purpose is to create a diagram that will help determine whether you and your relatives have a family history of certain diseases or health conditions. Offer to make the medical family tree available to other family members so that they can share the information with their doctors. Be a good listener and words carefully.

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**3. You may wish to begin your interview by**

Asking questions about the whole family and then let your relatives talk about their personal health information. Some people may be more comfortable in a face to face conversation. Others might prefer to write out the information for you.

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**4. Look on my "LINKS" page on my website for health sources.**

- American Heart Association
  - MayoClinic.com
  - Centers for Disease Control and Prevention
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## DISEASE INVESTIGATION REPORT

Part 1. Complete your "Family Tree". Then write a brief introduction about your inquiries and state why have chosen a particular disease. (Explain who you actually got a chance to speak with, etc.)

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Part 2. This part of your project requires some research of your part. See the "Links" page of my website: (<http://www.teacherweb.com/NY/JohnFKennedy/Omilakhealth/>). It is always a good idea to utilize more than one resource when researching so you can compare information. **You must use at least 3 sources.**

**a. Description of the disease:** What is the disease? What are the symptoms of the disease? What body organs are affected? What is the usual progression of the disease? At what age does the disease most often appear?

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**Sibling #1**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Sibling #2**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**You**  
 Date of Birth: \_\_\_\_\_  
 Ethnicity: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Sibling #3**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Sibling #4**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's sibling #1**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's sibling #2**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Your Mother**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Your Father**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Dad's Sibling #1**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Dad's Sibling #2**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's Mom (my grandpa)**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's Dad (my grandpa)**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Family  
 Medical History  
 Tree**

**Dad's Dad (my grandpa)**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Dad's Mom (my grandpa)**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's Grandma**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's Grandpa**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Blank box for notes**

**Dad's Grandma**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Dad's Grandpa**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's Grandma**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Mom's Grandpa**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Dad's Grandma**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

**Dad's Grandpa**  
 Birth date \_\_\_\_\_  
 Date/Cause of death: \_\_\_\_\_  
 Chronic Diseases: \_\_\_\_\_

Family Medical History

Go Tree - 18th  
Check Tree - 22nd  
Draft check - 30th  
Final Paper - 10/9  
extra Credit 10/5

## Family Medical History Paper

CATEGORY	20	19-12	11-5	4-0
<b>Content</b>	Evident student took the time to interview, question, gather information of family, and researched disease. All information was present and in detail.	Student took some time to interview, question, gather information of family, and research. Information was present but not in detail.	Student took minimal time to interview, question, gather information of family, and research. There was a small amount of information in the paper to demonstrate detail.	Student took no time to interview, question, gather information of family, and research. The research lack content and does not seem to understand disease.
<b>Knowledge Gained</b>	Student learned a great deal from the project and went beyond what was expected.	Student learned some from project but did not look deep into the assignment	Student learned very little from project and only covered the minimum	Student learned nothing from project and covered none of the questions required
<b>Requirements</b>	2.5 to 3 pages in length, correct font, spacing, and size; works cited and parenthetical citations correctly documented. Used enough sources.	2 pages in length. Did not follow directions on spacing, font, or size. Work cited not correct or/ parenthetical citations is not correct or included.	1 to 1.5 pages in length. OR did not follow directions on spacing, font, and size- Nothing on the works cited is correct. Did not use the amount of cites	Only met one of the five requirements. The works cited was not included.
<b>Mechanics</b>	NO spelling or grammatical mistakes	1 to 5 spelling or grammatical mistakes	5 to 10 spelling or grammatical mistakes	More than 10 spelling or grammatical mistakes
<b>Relevant Questions</b>	Student asked the required questions and asked questions of his/her own.	Student only asked questions given in class	Student asked very few questions and did not delve into the topics	Student asked no questions and did not cover the questions required

Name: \_\_\_\_\_

Total: \_\_\_\_\_

