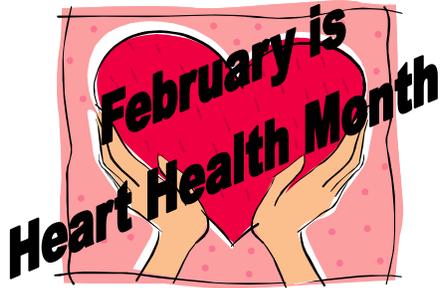


## Family History and Your Health



### Go Red!

Heart disease is the number one killer of women in the United States. But you can change that! February 3 is Go Red Day for Women. Show your support at home and in the workplace by wearing red on this day. The American Heart Association recommends knowing your cholesterol and blood pressure numbers and eating a heart healthy diet. Visit [www.americanheart.org](http://www.americanheart.org) to learn more about women and heart disease.

Give your sweetie a heart healthy gift for *Valentine's Day!* Keep reading for some ideas!

- ◆ *Fruit bouquets:* A pretty and delicious gift!
- ◆ *2006 Michigan State Park pass:* Perfect for the outdoor lover: Find purchase information at [www.michigan.gov](http://www.michigan.gov).
- ◆ *Gym packages for two:* Make physical activity twice as nice!
- ◆ *A nice quiet dinner at home.* Find heart healthy recipes online in the American Heart Association Cookbook at [www.deliciousdecisions.org/](http://www.deliciousdecisions.org/)

## Take heart!

Heart Disease is the number one cause of death in Michigan residents. But importantly, Coronary Heart Disease is also the most **PREVENTABLE**. There are 71 deaths per day in Michigan\* due to coronary heart disease. Various factors, including lifestyle, can affect the way your heart is supposed to work.

A **family history of heart disease** is one of those risk factors that you can't control (these are called non-modifiable risk factors). However, most people with a family history of heart disease also have other risk factors that you **CAN** do something about (these are called modifiable risk factors). It is especially important for you to talk with your health care provider and be aware of the risk factors you can reduce through lifestyle changes if a relative has had a heart attack at an early age: before age 65 for a woman or before age 55 for a man,

**Smoking**— If you smoke, your risk of Coronary Heart Disease is 2-4 times greater than the risk for a non-smokers. To reduce your risk, keep your environment tobacco free.

**Inactivity**— There are many benefits to getting more physical activity in your life (including controlling blood pressure and cholesterol). Engaging in physical activity helps prevent heart and blood vessel disease. The more vigorous the activity the greater the benefits.

**High cholesterol**— As blood cholesterol rises, so does your risk of Coronary Heart Disease.

**High Blood Pressure** - Increases how hard your heart needs to work causing it to thicken and become stiff. When high blood pressure exists with other risk factors, the risk of heart attack or stroke increases several times.

**Diabetes** - Seriously increases your risk of developing cardiovascular disease. Uncontrolled blood sugar increases the risk even more.

\*MDCH 2005 Cardiovascular Fact Sheet



For more information, please contact the Public Health Genomics Program by e-mail: [genetics@michigan.gov](mailto:genetics@michigan.gov) or call toll-free: 1-866-852-1247

Michigan Department  
of Community Health



Jennifer M. Granholm, Governor  
Janet Olszewski, Director

# Adoption and Your Family Health History



In 2004, there were approximately 2,684 finalized adoptions in Michigan.\*

Adoptees may not always have access to a complete family history. Even though the complete picture may not be there, many aspects of a personal family health history would still be useful in determining your risk for disease, such as;

- ◆ Culture (certain ways of cooking)
- ◆ Behavior (does anyone smoke?)
- ◆ Lifestyle (exercise vs. couch potato?)
- ◆ Stress (for example, high stress jobs?)
- ◆ Social Support (socially active or not so much so?)
- ◆ Environment (country vs. city or exposure to secondhand smoke?)



As someone who has been adopted it may be helpful to do two family health histories. One with your adopted family to note the shared aspects mentioned above and another with as much information about your genetics as you can find, including ethnicity and country of origin. Some ethnicities have increased risks of certain conditions. The information you record would also include dates of birth, death, and cause of death if known.

In order to collect information on your biological parents, a good place to start is with the Michigan Department of Human Services adoption program. You will find information on the web at [www.michigan.gov/dhs/](http://www.michigan.gov/dhs/) or call (517)373-3513.

\*([http://www.michigan.gov/documents/FIA-AdoptPlacements\\_13094\\_7.pdf](http://www.michigan.gov/documents/FIA-AdoptPlacements_13094_7.pdf))

## On the Web...

Michigan Department of Community Health-  
Cardiovascular Section

[www.michigan.gov/cvh](http://www.michigan.gov/cvh)

Heart Healthy Women

[www.hearthealthywomen.org](http://www.hearthealthywomen.org)

The Heart Truth Campaign

[www.nhlbi.nih.gov/health/hearttruth/material/  
index.htm](http://www.nhlbi.nih.gov/health/hearttruth/material/index.htm)

Genetics Resource Center

[www.MIGeneticsConnection.org](http://www.MIGeneticsConnection.org)

2005 CPR and ECC Guidelines

[www.americanheart.org/presenter.jhtml?identifier  
=3011764](http://www.americanheart.org/presenter.jhtml?identifier=3011764)

"One faces the future with one's past"

~Pearl S. Buck

## Some other Michigan resources for Adoptees:

Adoption Puzzle support group directory at  
Genealogy Today

[www.genealogytoday.com/adoption/puzzle/  
michigan-sg.htm](http://www.genealogytoday.com/adoption/puzzle/michigan-sg.htm)

Adoptees Search for Knowledge

[www.birthfamily.com/deitrahs/  
MICHIGAN.html](http://www.birthfamily.com/deitrahs/MICHIGAN.html)

Adoptive Family Support Network

[www.afsn.org/](http://www.afsn.org/)