

# Unlock your **HER**story



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

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

HAVE ANY CLOSE RELATIVES BEEN DIAGNOSED WITH ANY OF THE FOLLOWING?	MOM'S SIDE	DAD'S SIDE	RELATIONSHIP TO YOU	AGE WHEN THEY WERE DIAGNOSED?	HOW ARE THEY NOW? (REMISSION, FIGHTING, PASSED)
Breast cancer diagnosed at 45 or under	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Triple negative breast cancer at 60 or under	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Male breast cancer	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Ovarian cancer, primary peritoneal cancer, or fallopian tube cancer	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Pancreatic cancer	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Prostate cancer	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Colorectal cancer	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

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

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?

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

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?

*While these are conditions that directly relate to your breast cancer risk, make sure you also talk to your family about conditions that are common in our Black communities like diabetes, high blood pressure, lupus, sickle cell disease, heart disease, and others.*

**The only solution is conversation. Share this completed worksheet with your doctor!**



**If talking to your biological parents isn't an option, skip ahead to #7 below for what you can do to better understand your risk.**

## **Make a Plan**

**Start with one or two close relatives that you trust. Whoever you choose, it's important to get health history information from both your mom and your dad's side.** Then, consider when and where feels best. Would you rather talk in person or is a phone call easiest? Do you want to schedule it in advance or feel out the next family gathering? There's no right or wrong choice—you've got this!

## **Have questions ready.**

**Use the opposite side of this paper as your guide!** Scribble, make notes, draw it out—whatever helps you remember the important bits.

## **Keep an open mind.**

**No one knows your people like you do.** Sometimes dredging up family history can get messy. Ask questions with a spirit of trust & empathy. Remember, this might take more than one conversation!

## **Do the best you can.**

So you've rallied your family to the kitchen table and your worksheet is ready in front of you. But all anyone knows is that Dovey had the C-word and Uncle Rick doesn't really want to talk about this while the game is on anyway. Don't be discouraged or worried if you can't answer every question. You took a big step towards protecting your gurls just by showing up to the work.

## **Explain the why.**

We know getting started is the hardest part. You could try: "Did you know that breast cancer is worse for Black women? Knowing our family health history helps me better understand my risk. Can we talk about it together?"

## **Share it.**

Now, it's time to make your HERstory work for you! At your next check up, share what you've gathered of your family health history with your doctor. (Reminder: you should have an annual appointment with a healthcare provider, even if you feel fine!) If it feels right, consider sharing what you learned with the rest of your family—shared DNA means shared risk. Us gurls gotta stick together.

## **Join the fam.**

No matter what your family health history looks like, we have resources to support you and your gurls. From genetic testing to how to talk to your doctor, we're here to answer your questions. DM us or email us anytime!

*Visit [loveofmygurls.org](https://loveofmygurls.org) to learn more about Black Breast Health & family health history.*