



Use this tree to learn more about your family's health history.

Identify blood-related family members who have lived with diabetes or other serious health conditions. Then, share this Family Tree with your doctor or healthcare provider to learn what you can do to reduce your risk of developing these conditions. For more information and to start your own free, online Family Tree, visit: americanheart.org/diabetes or call 1 800 AHA USA1 (1-800-242-8721).



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The Heart of DiabetesSM: Understanding Insulin ResistanceSM is sponsored by Takeda Pharmaceuticals North America, Inc. and Eli Lilly and Company.



SHAPE YOUR FAMILY HISTORY

DID YOU KNOW... like the color of your eyes, tendencies for many health conditions are genetically passed from one family member to another?

Diseases such as diabetes can increase your risk of stroke, heart attack and other major health problems. And if you have a blood relative with diabetes, your risk for developing it is significantly increased. Diseases can be passed along to younger generations, but so can healthy habits that will help you and others avoid health risks.

The first step is to map out your family's health history. Use the following "Family Tree" diagram to make a record of your blood relatives who live or have lived with diabetes or associated

conditions. Then talk with your doctor or healthcare professional about what this means to you and others in your family.

To understand more about how diabetes increases the risk for heart disease and stroke, join *The Heart Of Diabetes* — a free program with educational information, tools, tips and a 12-week activity program. Visit www.americanheart.org/diabetes to learn more or to create your own free, online family tree. You can also call 1-800-AHA-USA1 (1-800-242-8721).

The more you know about your family's health history, the more you can do to reduce your risk of diabetes and heart disease.

