



**KNOW YOUR ROOTS**



## **Did you know that family history can be an important risk factor for a number of cancer types?**

Finding the right time and right words to discuss private family matters can be tough. But knowing your family's medical history is important. In fact, it could save a life.

Knowing our history means we're more aware of our own risk and more likely to seek early medical advice if we have symptoms. That's why, to mark Men's Health Awareness Week I'm giving you this card. No words needed.





### Grandparents

Name	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Diagnosed (Yes/No)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Type	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



### Your Parents

Name	<input type="text"/>	<input type="text"/>
Diagnosed (Yes/No)	<input type="text"/>	<input type="text"/>
Type	<input type="text"/>	<input type="text"/>



### You

