



NEWS RELEASE



For Immediate Release

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(11/12/24) Family “Health History” Tree (Knowing Your Family Health Could Save Your Life)

Genetics can play a significant roll in your overall health. With everyone gathering for the holidays, there's no better time to discuss your family's health history. Southern 7 Health Department has created a Family “Health History” Tree activity to help get the conversation started. If you see a pattern, or have concerns, plan a check-up with your doctor for the New Year.

“Many cancers and other diseases can be hereditary,” said Shawna Rhine, Community Outreach Coordinator. “Knowing your family’s health history, combined with genetic cancer testing, can help you and your doctor diagnose and treat conditions much earlier.”

The Family “Health History” Tree is available online at www.southern7.org and the Southern 7 Facebook page. For more information on genetic cancer testing through Southern 7 Health Department, call 618-634-2297 or download the Southern 7 app for the public health clinic site near you.

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