

Pre-Reading Discussion: Does your health professional ask you to fill out forms? What kind of medical information is requested on the forms? How have you dealt with that?

## Reading Passage Section 10: Filling Out Medical and Family History Forms

To make good health decisions, you need to know how to talk about your medical history and your family's medical history.

When you go to a doctor's or dentist's office or clinic for the first time, you will have to give your **medical history**. Your medical history includes information about **allergies** (including allergies to medications), surgeries, serious illnesses, and **immunizations**. It also includes information about behaviors such as smoking and drinking alcohol. Your medical history also lists medications you are taking. Bring in any medications you are taking when you visit a health professional.



The health professional may also ask you about your **family history**. Your family history is medical information about your grandparents, parents, children, brothers, and sisters. You need to know your family history before you go to the doctor or dentist. Ask your family members about any serious illnesses and other health problems, and at what age they began.

Write down this information and take it with you when you go to the doctor or dentist. They can use this information when they screen you for health problems. For example, if your doctor knows that your grandmother and father have diabetes, then your doctor may test you for diabetes and give you information on how to prevent diabetes.

---