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(54) Title: PERSONAL ASSESSMENT INCLUDING FAMILIAL RISK ANALYSIS FOR PERSONALIZED DISEASE PREVENTION PLAN

(57) Abstract: Family health history information can be used to assess familial risk for common diseases and determine early detection and prevention medical strategies. Assessed familial risk of disease can then be used to determine recommendations for disease prevention and screening that are targeted to familial risk. Other factors can be included to generate personalized disease prevention recommendations. For example, personal health history information, personal health behavior information, or both can be collected and assessed to generate personalized disease prevention recommendations based on the information collected. Recommendations for disease prevention and screening based at least on familial risk can be used to provide a personalized disease prevention plan that encourages a person to make behavior changes that will reduce the risk of disease and utilize preventive health services.



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**PERSONAL ASSESSMENT INCLUDING FAMILIAL RISK ANALYSIS FOR
PERSONALIZED DISEASE PREVENTION PLAN**

CROSS-REFERENCE TO RELATED APPLICATIONS

This application claims the benefit of U.S. Provisional Patent Application No. 60/650,076 to Scheuner et al., filed February 3, 2005, entitled, "FAMILIAL RISK ANALYSIS FOR DETERMINING A DISEASE PREVENTION PLAN," which is hereby incorporated herein by reference.

FIELD

The field relates to preventive medicine and risk analysis of disease.

BACKGROUND

Determining risk factors for disease can be helpful for assessing an individual's overall risk for a disease and in creating a plan to modify an individual's risk of developing a disease. Medical providers are under increasing pressure from governments, medical specialty organizations, managed care, and patients to practice preventive medicine. Similarly, health organizations and insurance companies are beginning to recognize that risk analysis of disease and preventive medicine can be a very cost effective strategy for providing care. Medical screening and prevention guidelines for many chronic disorders have been developed by governments and medical organizations to facilitate risk analysis of disease and preventive medicine practice. However, such guidelines can be slow to be adopted, sometimes poorly understood, counter to historical practice, and can be perceived as cumbersome, difficult to use, not readily accessible or confusing by both medical providers and patients. Similarly, the guidelines do not incorporate comprehensive personal health behaviors or family health history information to determine a patient-specific or personalized risk of disease and disease prevention plan. Accordingly, there remains a need to better assess disease risk and communicate risk to patients.

SUMMARY

Family health history information can be used to assess familial risk for common diseases of adulthood and determine early detection and prevention medical strategies. Along with familial risk, other factors can be included to generate personalized disease prevention recommendations. For example, personal health history information, personal health behavior information (e.g., information about health-related personal practices, information about whether the subject has had one or more screening tests performed, or both), or both can be collected and assessed to generate personalized disease prevention recommendations based on the information collected. Such recommendations can be based on risk scenarios. Combining and personalizing such information can encourage preventive health care.

In addition, information can be collected about the disease history of a person and the person's first and second degree relatives (e.g., mother, father, children, siblings, grandparents, aunts and uncles) and then analyzed to determine familial risk for developing common chronic diseases (e.g., coronary heart disease, stroke, type 2 diabetes, and colorectal, breast, and ovarian cancer).

5 Assessed familial risk of disease can then be used to determine recommendations for disease prevention and screening that are targeted to familial risk.

Recommendations for disease prevention and screening based on familial risk (e.g., combined with personal health behavior information) can be used to provide a disease prevention plan that encourages a person to make behavior changes that reduce the risk of disease and utilize
10 preventive health services.

The techniques described herein can be applied to any number of diseases where determining familial risk of disease and a disease prevention plan based on family history, as well as personal characteristics, health history and behaviors are desired.

Additional features and advantages of the technologies described herein will be made
15 apparent from the following detailed description of illustrated embodiments, which proceeds with reference to the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1A is a block diagram of an exemplary system for determining a disease prevention
20 plan for a subject based on familial risk.

FIG. 1B is a flowchart showing an exemplary method for determining familial risk of disease for a subject.

FIG. 2A is a block diagram of an exemplary system for providing personalized disease prevention recommendations for a subject.

25 FIG. 2B is a flowchart showing an exemplary method of providing personalized disease prevention recommendations for a subject.

FIG. 3 is a flowchart showing an exemplary method for determining familial risk of one or more diseases of interest for a subject.

FIG. 4 is a flowchart showing an exemplary method for determining a subject's familial risk
30 of a disease of interest based on first and second degree relative family health history.

FIG. 5 is a flowchart showing an exemplary computer-implemented method for determining familial risk of one or more diseases of interest.

FIG. 6 is a block diagram showing another exemplary system for determining a disease prevention plan for a subject based on familial risk.

35 FIG. 7 is a flowchart showing yet another exemplary method for determining familial risk of disease for a subject.

FIG. 8 illustrates an exemplary familial risk matrix for determining familial risk of disease based on family health history.

FIGS. 9, 10, and 11 are exemplary familial risk matrices for determining familial risk of breast cancer.

FIGS. 12, 13, 14, 15, 16, and 17 are exemplary familial risk matrices for determining familial risk of ovarian cancer.

5 FIGS. 18, 19, and 20 are exemplary familial risk matrices for determining familial risk of colon cancer.

FIGS. 21, 22, 23, 24, 25, and 26 are exemplary familial risk matrices for determining familial risk of coronary heart disease.

10 FIGS. 27, 28, 29, 30, 31, and 32 are exemplary familial risk matrices for determining familial risk of stroke.

FIGS. 33, 34, and 35 are exemplary familial risk matrices for determining familial risk of type 2 diabetes.

FIG. 36 is a block diagram showing an exemplary system for determining a disease prevention plan.

15 FIGS. 37-58 are screen shots from an exemplary implementation of a computer-implemented method for both determining the behavioral and familial risk of one or more diseases of interest in a subject and determining a disease prevention plan for a subject.

FIG. 59 is an exemplary computer system that can be implemented with the described technologies.

20

DETAILED DESCRIPTION

Overview of Technologies

The technologies described herein can be used in any of a variety of scenarios in which determination of familial risk of one or more diseases of interest and/or determination of a disease prevention plan based on familial risk of disease is useful. Personal behaviors can be included in the assessment, resulting in a determination of personal risk.

25 A *disease prevention plan* includes any general or specific prevention recommendations for reducing the risk of developing one or more diseases of interest. For example, recommendations can include screening for early detection of a disease of interest and/or screening for indicators of additional risk (e.g., specialized tests, genetic evaluations, and genetic testing). The plan can include recommendations for continuation or modification of behavior (e.g., increase consumption of fruits and vegetables).

30 A *disease of interest* includes any disease for which familial risk is assessed for a subject. In practice, diseases of interest include common diseases that result from complex interactions of multiple genes with multiple behavioral environmental factors. For example, heart disease (e.g., coronary heart disease), stroke, diabetes, colorectal cancer, breast cancer, and ovarian cancer can be diseases of interest.

An *indicator disease* includes any disease associated with indicating or otherwise correlating with an increased risk of developing a disease of interest. For example, ovarian cancer can be an indicator disease for breast cancer. In some cases, a disease can be an indicator disease for itself.

5 A *first degree relative* includes blood relatives, such as parents, siblings, or children. First degree relatives share one half of their genes in common.

A *second degree relative* includes aunts, uncles, nieces, nephews, and grandparents. Second degree relatives share one quarter of their genes in common.

10 *Family health history information* includes disease history of a subject's biological relatives. For example, family health history information can include disease history of first and second degree relatives, as well as disease history of more distant relatives. Disease history, for example, can include the number of first and second degree relatives, whether a relative has a disease of interest or indicator disease, gender of affected relatives, lineage of affected relatives (e.g., maternal or paternal side of the family), and the age of the relative at time of diagnosis of disease of interest or indicator disease.

15 *Personal health history information* includes name, date of birth, gender, age, race/ethnicity, height, weight, whether the subject currently has any disease of interest or indicator disease, personal health behavior information, or any combination thereof.

20 *Personal health behavior information* includes information related to health-related personal practices. Such practices can include smoking or other tobacco use, body mass index (BMI), level of physical activity (e.g., exercise), diet (e.g., daily servings of fruits and vegetables), alcohol use, aspirin use, and the like. Personal health behavior information can also include whether the subject has had one or more screening tests performed. Information about any one or more of these can be collected from the subject.

25 *Familial risk* (e.g., of disease) includes a likelihood of developing a disease (e.g., a disease of interest) based on family history. In any of the examples herein, a metric of familial risk of disease can be determined and expressed quantitatively. In any of the examples herein, a metric of familial risk of disease can be determined and expressed qualitatively (e.g., as a risk assessment category out of three or more categories). For example, familial risk of a disease can be categorized as high (e.g., strong), moderate, or low (e.g., weak) based at least on the number of first and second degree relatives having an indicator disease, the relatives' age of onset of the indicator disease, and the like. Alternatively, another measure can be presented (e.g., a numerical rating, a percentage rating, or the like).

35 *Screening tests* include any test that screens for disease or risk factors associated with disease. For example, screening tests can include clinical breast exams, mammograms, fecal occult blood tests, sigmoidoscopy, colonoscopy, blood cholesterol test, blood pressure test, blood sugar test, and the like.

A *predetermined familial disease history scenario* includes any family health history information of any relative that may be associated with familial risk. For example, the scenario in

which a first degree relative has a disease of interest can be a predetermined familial disease history scenario. Other scenarios include how many relatives of a particular degree of relationship developed one or more indicator diseases, as well as age of onset of disease (e.g., early or late onset) for such relatives.

5 *Intersection of two predetermined familial disease history scenarios* includes situations in which a subject has two predetermined familial disease history scenarios. When the information is referenced with a disease matrix, the two predetermined familial health history scenarios meet in a risk-indicating familial history matrix cell, and the familial risk assessment is assigned based on the intersection of the two scenarios. A disease prevention plan can also be constructed based on the
10 matrix cell.

Familial risk clarifiers include qualifying statements which clarify or further explain the assignment of familial risk of disease. For example, familial risk clarifiers can be used in the explanation of familial risk to subjects, and as part of a disease prevention plan.

Adoption status can indicate whether the subject was adopted and can be included in any of
15 the information, such as in the personal health history information.

***Example 1 - Exemplary System for Determining a Disease Prevention Plan for a Subject
Based on Familial Risk***

FIG. 1A shows an exemplary system 100 for determining a disease prevention plan for a
20 subject based on familial risk.

 Health records 102 of a subject are obtained and input into a familial risk assessor 104 to assess the familial risk of one or more diseases and determine a disease prevention plan 106.

 The familial risk assessor 104 can employ any combination of technologies, such as those described herein, to determine the disease prevention plan 106 for the subject.

25 Methods for determining familial risk and a disease prevention plan for a subject are described in detail below.

Example 2 - Exemplary Ages

 In any of the examples herein, an age of onset of disease or age of diagnosis of disease can
30 be an age range, particular age, age category (e.g., early, late, or the like), or other indication of age. Although particular ages are shown in some examples (e.g., in age ranges), other age groupings can be used.

***Example 3 - Exemplary Method for Determining Familial
Risk of Disease for a Subject***

35 FIG. 1B shows an exemplary method 150 for determining familial risk of disease for a subject.

At 152, family health history is collected. For example, disease history of a subject's first and second degree biological relatives including the number of first and second degree relatives, the lineage and gender of the first and second degree relatives, whether a relative has the disease of interest or an indicator disease, and the age of the relative at time of diagnosis of the disease of interest or indicator disease can be collected.

At 154, familial risk of disease is determined by analyzing family health history. For example, predetermined family disease history scenarios can be analyzed.

At 156, results of the determination of familial risk of disease are presented. For example, familial risk of disease for one or more diseases of interest can be presented as high (e.g., strong), moderate, or low (e.g., weak). Familial risk clarifiers can also be presented.

The method described in this or any of the other examples can be a computer-implemented method performed via computer-executable instructions in one or more computer-readable media. Any of the actions shown can be performed by software incorporated within an electronic medical record system or any other health information system.

Example 4 - Exemplary System for Providing a Personalized Disease Prevention Recommendations for a Subject

FIG. 2A shows an exemplary system 200 for providing one or more personalized disease prevention recommendations for a subject. In the example, a user interface 202 collects information from a subject. Such information can include family health history information 212 for a subject, personal health history information 234 for a subject, and personal health behavior information 236 for a subject.

A familial risk assessor 222 is configured to analyze the family health history 212 and output a measure (e.g., any of the metrics described herein) of familial risk of disease 232 for one or more diseases.

A combined risk assessor 242 is configured to analyze the familial risk of disease 232, the personal health history information 234, the personal health behaviors history information 236, or some combination thereof to generate a disease prevention recommendation 252. The combined risk assessor 242 can comprise various sub-assessors (e.g., a personal health behavior assessor and the like). In some cases, the combined risk assessor 242 may detect that additional information can be gathered to provide a superior recommendation. Responsive to such detection, the assessor 242 can direct collection of the additional information from the subject.

The combined risk assessor 242 can consult one or more risk scenarios 248 to generate and provide one or more personalized disease prevention recommendations 252. The disease prevention recommendations 252 can be included as part of a disease prevention plan as described herein.

***Example 5 - Exemplary Method for Providing
Personalized Disease Prevention Recommendations for a Subject***

FIG. 2B shows an exemplary method 250 of providing a personalized disease prevention recommendation for a subject and can be performed on a system such as that shown in FIG. 2A.

5 In the example, the family health history information, personal health history information, and personal health behavior information for a subject are received at 260. For example, such information can be collected via any of the user interface techniques described herein.

Then, at 270, familial risk for one or more diseases is determined. For example, one or more metrics of familial risk for one or more diseases for the subject can be determined based at least on
10 the family health history information of the subject.

At 280, combined assessment (e.g., based on the metrics of familial risk, family health history information, personal health history information, personal health behavior information, or some combination thereof) is performed. For example, one or more personalized disease prevention recommendations for the subject can be generated during the combined assessment. Risk scenarios
15 can be consulted as described herein.

At 290, one or more disease prevention recommendations are presented. The disease prevention recommendations can be included as part of a disease prevention plan (e.g., a personalized disease prevention plan) as described herein. The recommendations and plan can be provided via the user interfaces described herein (e.g., in a single web-based session responsive to the information
20 entered by the subject).

Example 6 - Exemplary User Interface

In any of the examples herein, any number of user interfaces can be presented to a user for collecting information such as family health history information, personal health history information,
25 personal health behavior information, or some combination thereof. For example, a software-presented user interface can include a set of forms that are presented (e.g., to a subject user) and completed (e.g., by the subject user) via a computerized device.

In any of the examples herein, forms can be presented via a networked device. For example, web pages can be presented via the HTTP protocol or some other technique. Access can be
30 controlled via username and password techniques.

Example 7 - Exemplary Risk Scenarios

In any of the examples described herein, information provided by a subject can be analyzed to determine whether the information falls within one or more risk scenarios. For example, any of the
35 information in the family health history, familial risk of disease, personal health history, health behavior, or combination thereof can be used as criteria for determining whether the subject satisfies one or more risk scenarios.

In practice, such risk scenarios can be specified as a set of criteria that can be stored in data structures (e.g., in a table, database, or the like) on one or more computer-readable media. Such criteria can include whether a certain disease appears in the family health history, whether the subject is at risk (e.g., high risk, at least medium risk, and the like) for one or more diseases, whether the subject has ever had one or more diseases, whether the subject engages in certain health behaviors (e.g., engages or has engaged in one or more health-related personal practices, has had one or more screening tests performed), and the like.

Example 8 - Exemplary Personalized Disease Prevention Recommendations

Based on whether a subject meets one or more risk scenarios, a set of one or more personalized disease prevention recommendations can be presented as part of a disease prevention plan for the subject (e.g., a personalized disease prevention plan). The personalized disease prevention recommendations can include information appearing in or derived from any of the information provided by the subject.

Recommendations can include recommendations to continue (e.g., affirm) or modify behaviors or conditions indicated in information collected from the subject. For example, recommendations can be directed to personal health history such as screening tests (e.g., "Schedule an appointment today.") or health-related personal practices (e.g., "Stop smoking now." "Continue to eat <number> servings of fruit a day." or "Increase your level of physical activity.").

Factors that led to the recommendation can be included in the recommendation. For example, one or more of the criteria for the risk scenario can be included. In practice, such factors can be expressed as a plain language (e.g., textual) description of the criteria (e.g., "Your Body Mass Index is over <number>, and at least one of your first degree relatives had <disease> therefore . . .").

Example 9 - Exemplary Method for Determining Familial Risk of One or More Diseases of Interest for a Subject

FIG. 3 shows an exemplary method 300 for determining familial risk of one or more diseases of interest for a subject.

At 302, family health history of a subject is received. For example, disease history of a subject's first and second degree biological relatives including the number, lineage, and gender of first and second degree relatives, whether a relative has a disease of interest or an indicator disease, and the age of the relative at time of diagnosis of the disease of interest or indicator disease can be received.

At 304, a disease of interest is determined. For example, heart disease, stroke, diabetes, colorectal cancer, breast cancer, and ovarian cancer can be diseases of interest that are determined.

At 306, familial risk for a subject of the determined disease of interest can be assigned. For example, the family health history of a subject's first and second degree biological relatives can be analyzed to assign familial risk. Following the assignment of familial risk for the determined disease

of interest, one or more additional diseases of interest can be determined at 304, and familial risk for the one or more additional diseases of interest can be assigned.

At 308, results of the assignment of familial risk for the one or more diseases of interest can be presented. For example, familial risk can be categorized as low (e.g., weak), moderate, or high (e.g., strong) and presented to the subject with accompanying familial risk clarifiers and recommendations for reducing the level of risk and/or recommended preventive medical strategies or exams (e.g., screenings).

Example 10 - Exemplary Method for Determining a Subject's Familial Risk of a Disease of Interest Based on First and Second Degree Relative Family Health History

FIG. 4 shows an exemplary method 400 for determining a subject's familial risk of a disease of interest based on first and second degree relative family health history.

At 402, family health history for a subject is obtained. Family health history can be obtained via the subject, paper or electronic health records. For example, family health history for a subject can be obtained via questionnaires in an electronic or paper format.

At 404, a disease of interest is determined from the family health history. For example, heart disease, stroke, diabetes, colorectal cancer, breast cancer, and ovarian cancer can be diseases of interest that are determined.

In the example, the disease of interest is treated as an indicator disease. Accordingly, at 406, the number of first and second degree relatives that developed the disease of interest is determined from the family health history.

At 408, the age of onset of the disease of interest for the first and second degree relatives that developed the disease of interest is determined from the family health history. Lineage and gender of the first and second degree relatives that developed the disease of interest can also be determined.

At 410, the number of first and second degree relatives that developed a different disease associated with an increased risk of developing the disease of interest (e.g., a different indicator disease) is determined from the family health history.

At 412, the age of onset of the indicator disease for the first and second degree relatives that developed the different disease is determined from the family health history. Lineage and gender of the first and second degree relatives that developed the different disease can also be determined.

At 414, a subject's familial risk of the disease of interest based on the first and/or second degree relative family health history is assigned. For example, familial risk can be assigned as low (e.g., weak), moderate, or high (e.g., strong) based on the family health history (e.g., detection of predetermined familial disease history scenarios).

At 416, results of the assignment of familial risk for the one or more diseases of interest can be presented. For example, familial risk can be categorized as low (e.g., weak), moderate, or high (e.g., strong) and presented to the subject with accompanying familial risk clarifiers and

recommendations for reducing the level of risk and/or recommended preventive medical strategies or exams (e.g., screenings).

5 ***Example 11 - Exemplary Computer-Implemented Method for Determining Familial Risk of One or More Diseases of Interest***

FIG. 5 shows an exemplary computer-implemented method 500 for determining familial risk of one or more diseases of interest.

At 502, family health history is received. For example, disease history of a subject's first and second degree biological relatives including the number, gender, and lineage of first and second degree relatives, whether a relative has a disease of interest or an indicator disease, and the age of the relative at time of diagnosis of disease of interest or indicator disease can be received.

At 504, familial risk of one or more diseases of interest is determined based on first and/or second degree relatives having the one or more diseases of interest or indicator diseases.

At 506, results of the assignment of familial risk for the one or more diseases of interest can be presented. For example, familial risk can be categorized as low (e.g., weak), moderate, or high (e.g., strong) and presented with accompanying familial risk clarifiers and recommendations for reducing the level of risk and/or recommended preventive medical strategies or exams (e.g., screenings).

20 ***Example 12 - Exemplary System for Determining a Disease Prevention Plan for a Subject Based on Familial Risk***

FIG. 6 shows an exemplary system 600 for determining a disease prevention plan for a subject based on familial risk.

Health records 602 of a subject are obtained and input into a familial risk assessor 604 to assess the familial risk of one or more diseases.

The familial risk assessor 604 can employ one or more disease matrices 606 to determine familial risk of one or more diseases. For example, a disease matrix can include a two-dimensional table with various predetermined familial disease health scenarios on both the x axis and y axis. The intersection of two predetermined familial disease history scenarios in a disease matrix can result in a familial risk assessment being assigned based on the intersection of the two scenarios. Furthermore, familial risk clarifiers (e.g., qualifying statements which clarify or further explain the assignment of familial risk of disease based on the intersection of two predetermined familial disease history scenarios) can be incorporated into one or more disease matrix intersections.

Familial risk assessment, familial risk classifiers, and a disease prevention plan based on familial risk, personal health history information, and/or personal health behavior information can be presented as results by a results presenter 608.

A disease prevention plan can be determined for a subject as described in detail below.

***Example 13 - Another Exemplary Method for Determining
Familial Risk of Disease of a Subject***

FIG. 7 shows another method 700 for determining familial risk of disease of a subject. For example, system 600 can be implemented to perform method 700.

5 At 702, health records are received. For example, personal health history records and health records of one or more relatives can be received. The health records can include disease history of a subject's first and second degree biological relatives including the number, gender, and lineage of first and second degree relatives, whether a relative has a disease of interest or an indicator disease, and the age of the relative at time of diagnosis of disease of interest or indicator disease can be
10 received. Additionally, health records can include personal health history information such as name, date of birth, gender, age, race/ethnicity, height, weight, whether a subject currently has any disease of interest or indicator disease, personal health behavior information, or any combination thereof. Personal health behavior information can include information related to smoking, exercise, diet, screening tests, and the like.

15 At 704, familial disease data can be determined from the health records received. For example, disease history of a subject's first and second degree biological relatives including the number, gender, and lineage of first and second degree relatives, whether a relative has an indicator disease, and the age of the relative at time of diagnosis of the indicator disease can be determined.

20 At 706, one or more familial risk matrices can be consulted to determine familial risk of disease of the subject based on determined familial disease data. For example, predetermined familial disease health scenarios (e.g., disease data on first and second degree relatives) can be compared to familial risk matrices (e.g., matrices that assign a categorization of familial risk of disease) to determine if an intersection of two predetermined familial disease history scenarios is present.

25 At 708, results of the consultation of the one or more familial risk matrices can be provided as results of the determination of familial risk of disease (e.g., as part of a disease prevention plan or to select a disease prevention plan). For example, an intersection of two predetermined familial disease history scenarios can result in a risk assessment being assigned. Additionally, familial risk clarifiers can be provided with the results to clarify or further explain the determination of familial risk of disease.

30

***Example 14 - Exemplary Familial Risk Matrix for Determining Familial Risk of Disease
Based on Family Health History***

FIG. 8 illustrates an exemplary familial risk matrix 800 for determining familial risk of disease based on family health history. Such a matrix can be used to assess a subject's risk of
35 developing a disease of interest in any of the examples herein.

The x-axis of the matrix includes predetermined familial disease history scenarios 802 (e.g. A, B, C . . .) and the y-axis of the matrix includes predetermined familial disease history scenarios 804 (e.g. 1, 2, 3 . . .). For example, scenarios based on the number of first and second degree

relatives from one lineage (e.g., nuclear, maternal or paternal) having a disease of interest or an indicator disease, the age of the relative at time of diagnosis of the disease of interest or the indicator disease, and the gender of the relative can be predetermined familial disease scenarios 802 and 804. In matrices in which breast cancer or ovarian cancer is the disease of interest, for example, Ashkenazi Jewish ancestry can also be a predetermined familial disease scenario.

The intersection of two predetermined familial disease history scenarios in a disease matrix results in a cell 806 which includes a risk assessment category (e.g. "Risk") being assigned based on the intersection of the two scenarios. Risk can be assigned one of three levels of risk for a disease represented by uppercase letters: low or weak familial risk (A), moderate familial risk (M), or strong or high familial risk (H). Furthermore, familial risk clarifiers (e.g. "Clarifiers") can be included with the assignment of risk, thereby incorporating references to qualifying statements which clarify or further explain the assignment of familial risk of disease based on the intersection of two predetermined familial disease history scenarios (e.g., based on a familial or hereditary syndrome). Such familial risk clarifiers can be represented by lower case letter in the matrix and the references incorporated into the providing and presentation of results. Such familial risk clarifiers can be provided according to a general or disease-specific hierarchy as described in detail below.

Analysis of multiple intersections of two predetermined familial disease history scenarios can result in an overall familial risk level determination for the disease of interest. For example, the highest risk level determined can be selected as the overall familial risk level determination for the disease of interest.

Familial risk matrices for select diseases of interest are described in detail below.

Example 15 - Exemplary Familial Risk Matrices for Determining Familial Risk of Breast Cancer Based on Family Health History

FIGS. 9-11 illustrate exemplary familial risk matrices 900, 1000, and 1100 (according to the form of exemplary familial risk matrix 800) for determining familial risk of breast cancer based on family health history. Shaded areas of the matrices are duplicative cells within each matrix.

In the example, the definition of age of onset of breast cancer is defined as:

Breast cancer: early < age 50; late > or = age 50.

There are up to six familial/hereditary syndromes that feature breast cancer. A listing of single gene disorders that feature breast cancer can be found in: Scheuner MT, Yoon P, Khoury MJ. "Contribution of mendelian disorders to chronic disease: opportunities for recognition, intervention, and prevention." Am J Med Genet 2004;125C:50-65, hereby incorporated by reference herein. The two most common forms are hereditary breast-ovarian cancer (HBOC) and hereditary site-specific breast cancer. Both are associated with germline BRCA1 and BRCA2 mutations. Most families with HBOC have BRCA mutations, and about half of families with hereditary site-specific breast cancer have BRCA mutations. The breast cancer familial risk matrices 900, 1000, and 1100 recognize familial characteristics that are associated with an increased risk of breast cancer, as well as the two

common familial syndromes that feature breast cancer. Pattern recognition for families with HBOC/BRCA gene mutations is based on the NCCN Practice Guidelines in Oncology- v.1.2004.

One of three levels of familial risk for a disease is assigned. The three levels of familial risk can be represented by uppercase letters: low or weak familial risk (A), moderate familial risk (M), or strong or high familial risk (H)

Familial risk clarifiers for the breast cancer matrices 900, 1000, and 1100 include:

a= At least one family member with both breast and ovarian cancer. The combination of these cancers is a risk factor for breast cancer and can be a sign of an inherited form of breast cancer called hereditary breast-ovarian cancer.

b= Closely related family members with breast and ovarian cancer. The combination of these two cancers is a risk factor for breast cancer and can be a sign of an inherited form of breast cancer called hereditary breast-ovarian cancer.

c= Two or more closely related family members with ovarian cancer. Although a different cancer, a family history of ovarian cancer is a risk factor for breast cancer and can be a sign of an inherited form of breast cancer called hereditary breast-ovarian cancer.

d= At least one family member with male breast cancer, which can be a sign of an inherited form of breast cancer.

e= At least one family member with breast cancer at a young age.

f= Two or more closely related family members with breast cancer.

g= A family member with breast cancer at a later age.

h= A family member with ovarian cancer, which can be a risk factor for breast cancer.

i= Three or more closely related family members with breast cancer.

j= Some inherited forms of breast and ovarian cancer are more common in Ashkenazi Jewish families, and this is noted if personal health information collected included ethnicity.

Example 16 - Exemplary Hierarchy of Presentation of Familial Risk Clarifiers in Familial Risk Matrices for Determining Familial Risk of Breast Cancer Based on Family Health History

Familial risk clarifiers in familial risk matrices for determining familial risk of breast cancer (according to example 10) based on family health history can be provided according to a hierarchy. For example, a hierarchy utilizing familial risk clarifiers described in example 10 can be as follows:

Familial risk clarifier "a" can be presented;

Familial risk clarifier "b" can be presented;

Familial risk clarifier "c" can be presented;

Familial risk clarifier "d" can be presented;

Familial risk clarifier "e" can be presented;

Familial risk clarifier "f" can be presented when familial risk clarifier "i" is not presented;

Familial risk clarifier "g" can be presented if:

Familial risk clarifier “a” is not presented; or Familial risk clarifier “b” is not presented; or Familial risk clarifier “d” is not presented; or Familial risk clarifier “e” is not presented; or Familial risk clarifier “f” is not presented; or Familial risk clarifier “i” is not presented;

Familial risk clarifier “h” can be presented if:

5 Familial risk clarifier “a” is not presented; or Familial risk clarifier “b” is not presented;

or Familial risk clarifier “c” is not presented;

Familial risk clarifier “i” can be presented; and

Familial risk clarifier “j” can be presented.

10

Example 17 - Exemplary Familial Risk Matrices for Determining Familial Risk of Ovarian Cancer Based on Family Health History

FIGS. 12-17 illustrate exemplary familial risk matrices 1200, 1300, 1400, 1500, 1600, and 1700 (according to the form of exemplary familial risk matrix 800) for determining familial risk of
15 ovarian cancer based on family health history. Shaded areas of the matrices are duplicative cells within each matrix.

In the example, the definition of age of onset of breast cancer is defined as:

Breast cancer: early < age 50; late > or = age 50.

In the example, the definition of early age of onset of colon cancer is defined as:

20 Colon cancer: early < age 50; late > or = age 50.

There are several familial/hereditary syndromes that feature ovarian cancer, including hereditary site-specific ovarian cancer, hereditary breast-ovarian cancer (HBOC) and hereditary nonpolyposis colon cancer (HNPCC). A listing of single gene disorders that feature ovarian cancer can be found in: Scheuner MT, Yoon P, Khoury MJ. “Contribution of mendelian disorders to
25 common chronic disease: opportunities for recognition, intervention and prevention.” Am J Med Genet 2004;125C:50-65. Hereditary breast-ovarian cancer (HBOC) is associated with germline *BRCA1* and *BRCA2* mutations, and most families with HBOC have *BRCA* mutations. HNPCC is associated with germline mutations in mismatch repair genes (most commonly *MSH2* and *MLH1*). The ovarian cancer familial risk matrices 1200, 1300, 1400, 1500, 1600, and 1700 recognize familial
30 characteristics that are associated with an increased risk of ovarian cancer, as well as the common familial syndromes that feature ovarian cancer. Pattern recognition for families with HBOC/*BRCA* gene mutations was based on the NCCN Practice Guidelines in Oncology – v.1.2004. Pattern recognition for families with HNPCC is based on the Amsterdam Criteria and the Revised Bethesda Guidelines.

35 One of three levels of familial risk for a disease is assigned. The three levels of risk for a disease can be represented by uppercase letters: low or weak familial risk (A), moderate familial risk (M), or strong or high familial risk (H).

Familial risk clarifiers for the ovarian cancer familial risk matrices 1200, 1300, 1400, 1500, 1600, and 1700 include:

- a= At least one family member with ovarian, breast, and colon cancer. The combination of these cancers can be a sign of an inherited form of ovarian cancer – either hereditary breast-ovarian cancer or hereditary nonpolyposis colon cancer.
- b=At least one family member with both ovarian and breast cancer. The combination of these cancers is a risk factor for ovarian cancer and can be a sign of an inherited form of ovarian cancer called hereditary breast-ovarian cancer.
- c= At least one family member with both ovarian and colon cancer. The combination of these cancers can be a sign of an inherited form of ovarian cancer called hereditary nonpolyposis colon cancer.
- e= Closely related family members with both ovarian and breast cancer. The combination of these cancers is a risk factor for ovarian cancer and can be a sign of an inherited form of ovarian cancer called hereditary breast-ovarian cancer.
- f= Closely related family members with both ovarian and colon cancer. The combination of these cancers can be a sign of an inherited form of ovarian cancer called hereditary nonpolyposis colon cancer.
- g= Two or more close family members with ovarian cancer.
- h= A family member with ovarian cancer.
- i= At least one family member with breast cancer at a young age. Although a different cancer, early-onset breast cancer can be a risk factor for ovarian cancer and can be a sign of an inherited form of ovarian cancer called hereditary breast-ovarian cancer.
- j= Two or more closely related family members with breast cancer. Although a different cancer, breast cancer can be a risk factor for ovarian cancer and can be a sign of an inherited form of ovarian cancer called hereditary breast-ovarian cancer.
- k= Three or more closely related family members with breast cancer. Although a different cancer, breast cancer can be a risk factor for ovarian cancer and can be a sign of an inherited form of ovarian cancer called hereditary breast-ovarian cancer.
- l= At least one male family member with breast cancer, which can be a sign of an inherited form of ovarian cancer called hereditary breast-ovarian cancer.
- m= At least one family member with colon cancer at a young age. Early-onset colon cancer can be a sign of an inherited form of ovarian cancer called hereditary nonpolyposis colon cancer.
- n= Two or more closely related family members with colon cancer. Although a different cancer, a family history of colon cancer can be a sign of an inherited form of ovarian cancer called hereditary

nonpolyposis colon cancer.

o= Some inherited forms of breast and ovarian cancer are more common in Ashkenazi

Jewish families, and this is noted if personal health information collected included ethnicity.

5 ***Example 18 - Exemplary Hierarchy of Presentation of Familial Risk Clarifiers in
Familial Risk Matrices for Determining Familial Risk of Ovarian Cancer Based on Family Health
History***

10 Familial risk clarifiers in familial risk matrices for determining familial risk of ovarian
cancer (according to example 12) based on family health history can be provided according to a
hierarchy. For example, a hierarchy utilizing familial risk clarifiers described in example 12 can be as
follows:

15 Familial risk clarifier "a" can be presented;
 Familial risk clarifier "b" can be presented;
 Familial risk clarifier "c" can be presented;
 Familial risk clarifier "e" can be presented;
 Familial risk clarifier "f" can be presented;
 Familial risk clarifier "g" can be presented;
 Familial risk clarifier "i" can be presented;
 Familial risk clarifier "j" can be presented if familial risk clarifier "k" is not presented;
20 Familial risk clarifier "k" can be presented;
 Familial risk clarifier "l" can be presented;
 Familial risk clarifier "m" can be presented;
 Familial risk clarifier "n" can be presented; and
 Familial risk clarifier "o" can be presented.

25 ***Example 19 - Exemplary Familial Risk Matrices for Determining Familial Risk of Colon
Cancer Based on Family Health History***

30 FIGS. 18-20 illustrate exemplary familial risk matrices 1800, 1900, and 2000 (according to
the form of exemplary familial risk matrix 800) for determining familial risk of colon cancer based on
family health history. Shaded areas of the matrices are duplicative cells within each matrix.

In the example, the definition of age of onset of colon cancer is defined as:

Colon cancer: early < age 50; late > or = age 50.

35 There are several familial/hereditary syndromes that feature colon cancer, including
polyposis and nonpolyposis syndromes. A listing of single gene disorders that feature colon cancer
can be found in: Scheuner MT, Yoon P, Khoury MJ. "Contribution of mendelian disorders to
common chronic disease: opportunities for recognition, intervention and prevention." Am J Med
Genet 2004;125C:50-65. The most common familial syndrome is hereditary nonpolyposis colon
cancer (HNPCC), which is associated with germline mutations in mismatch repair genes (most

commonly MSH2 and MLH1). These matrices recognize familial characteristics that are associated with an increased risk of colon cancer, as well as HNPCC. Pattern recognition for families with HNPCC is based on the Amsterdam Criteria and the Revised Bethesda Guidelines.

One of three levels of familial risk for a disease is assigned. The three levels of risk for a disease can be represented by uppercase letters: low or weak familial risk (A), moderate familial risk (M), or strong or high familial risk (H).

Familial risk clarifiers for the colon cancer familial risk matrices 1800, 1900, and 2000 include:

- a= At least one family member with both colon and ovarian cancer. The combination of these cancers can be a sign of an inherited form of colon cancer called hereditary nonpolyposis colon cancer.
- b= Closely related family members with colon and ovarian cancer. The combination of these cancers can be a sign of an inherited form of colon cancer called hereditary nonpolyposis colon cancer.
- c= At least one family member with colon cancer at a young age.
- d= Two or more closely related family members with colon cancer.
- e= Three or more closely related family members with colon cancer.
- f= Two or more closely related family members with ovarian cancer. Although a different cancer, a family history of ovarian cancer can be a sign of an inherited form of colon cancer called hereditary nonpolyposis colon cancer.
- g= A family member with colon cancer.

Example 20 - Exemplary Hierarchy of Presentation of Familial Risk Clarifiers in Familial Risk Matrices for Determining Familial Risk of Colon Cancer Based on Family Health History

Familial risk clarifiers in familial risk matrices for determining familial risk of colon cancer (according to example 14) based on family health history can be provided according to a hierarchy. For example, a hierarchy utilizing familial risk clarifiers described in example 14 can be as follows:

For example, a hierarchy can be as follows:

Familial risk clarifier "a" can be presented;

Familial risk clarifier "b" can be presented;

Familial risk clarifier "c" can be presented;

Familial risk clarifier "d" can be presented if familial risk clarifier "e" is not presented;

Familial risk clarifier "e" can be presented;

Familial risk clarifier "f" can be presented; and

Familial risk clarifier "g" can be presented if:

Familial risk clarifier "a" is not presented; or Familial risk clarifier "b" is not presented;

or Familial risk clarifier "c" is not presented; or Familial risk clarifier "d" is not presented; or Familial risk clarifier "e" is not presented.

Example 21 - Exemplary Familial Risk Matrices for Determining Familial Risk of Coronary Heart Disease Based on Family Health History

FIGS. 21-26 illustrate exemplary familial risk matrices 2100, 2200, 2300, 2400, 2500, and 2600 (according to the form of exemplary familial risk matrix 800) for determining familial risk of coronary heart disease based on family health history. Shaded areas of the matrices are duplicative cells within each matrix.

In the example, the definition of age of onset of coronary heart disease is defined as:

Coronary heart disease: Men, early < age 55; late > or = age 55.

Women, early < age 65; late > or = age 65.

In the example, the definition of age of onset of stroke is defined as:

Stroke: early < age 60; late > or = age 60.

In the example, the definition of age of onset of diabetes is defined as:

Diabetes: Early (type 1) < age 20; late (Type 2) > or = age 20.

Familial "syndromes" or phenotypes that feature coronary heart disease (CHD) include:

Metabolic syndrome which can feature CHD, type 2 diabetes (DM) and stroke (CVA); CHD and stroke; and CHD-specific families.

A listing of single gene disorders that feature coronary heart disease or myocardial infarction can be found in: Scheuner MT, Yoon P, Khoury MJ. "Contribution of mendelian disorders to common chronic disease: opportunities for recognition, intervention and prevention." Am J Med Genet 2004;125C:50-65. Definitions of metabolic syndrome have been proposed by three national organizations: 1) NCEP ATPIII, 2) WHO (World Health Organization) and the 3) American Association of Clinical Endocrinologists (AACE). Although the metabolic syndrome is a familial disease and genetic factors are associated with the phenotype, only the AACE considers family history of type 2 diabetes, hypertension or cardiovascular disease in their definition. For a review of the definitions see Grundy SM, Brewer HB, Cleeman JI, Smith SC, Lenfant C et al., "Definition of the metabolic syndrome." Report of the National Heart, Lung, and Blood Institute/American Heart Association Conference on Scientific Issues Related to Definition. Circulation 2004;109:433-438, hereby incorporated herein by reference.

One of three levels of familial risk for a disease is assigned. The three levels of risk for a disease can be represented by uppercase letters: low or weak familial risk (A), moderate familial risk (M), or strong or high familial risk (H).

Familial risk clarifiers for the coronary heart disease familial risk matrices 2100, 2200, 2300, 2400, 2500, and 2600 include:

a= At least one family member with coronary heart disease, diabetes and stroke. The combination of these conditions can be a sign of the metabolic syndrome.

b= At least one family member with coronary heart disease and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.

c= At least one family member with coronary heart disease and stroke. The combination of these

conditions is a risk factor for coronary heart disease.

d= At least one family member with stroke and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.

5 e= Closely related family members with coronary heart disease and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.

f= Closely related family members with coronary heart disease and stroke. The combination of these conditions is a risk factor for coronary heart disease.

10 g= Closely related family members with stroke and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.

h= At least one family member with coronary heart disease at a young age. Early-onset disease is a sign of a greater number of cardiovascular risk factors.

15 i= Two or more closely related family members with coronary heart disease.

j= Three or more closely related family members with coronary heart disease.

k= Two or more closely related family members with diabetes, which can be a sign of the metabolic syndrome.

l= A family member with diabetes, which can be a sign of the metabolic syndrome.

20 m= At least one family member with stroke at a young age. Stroke and coronary heart disease share many risk factors. Early-onset disease is a sign of a greater number of cardiovascular risk factors.

n= Two or more closely related family members with stroke. Stroke and coronary heart disease share many risk factors.

o= A family member with coronary heart disease.

25 p= Closely related family members with coronary heart disease, diabetes and stroke. The combination of these conditions can be a sign of the metabolic syndrome.

**Example 22 - Exemplary Hierarchy of Presentation of Familial Risk Clarifiers in
Familial Risk Matrices for Determining Familial Risk of Coronary Heart Disease Based on
Family Health History**

30 Familial risk clarifiers in familial risk matrices for determining familial risk of coronary heart disease (according to example 16) based on family health history can be provided according to a hierarchy. For example, a hierarchy utilizing familial risk clarifiers described in example 16 can be as follows:

Familial risk clarifier "a" can be presented;

Familial risk clarifier "b" can be presented;

Familial risk clarifier "c" can be presented;

- Familial risk clarifier "d" can be presented if familial risk clarifier "e" is not presented;
 Familial risk clarifier "e" can be presented if familial risk clarifier "p" is not presented;
 Familial risk clarifier "f" can be presented if familial risk clarifier "p" is not presented;
 Familial risk clarifier "g" can be presented if familial risk clarifier "p" is not presented;
 Familial risk clarifier "h" can be presented;
 Familial risk clarifier "i" can be presented if familial risk clarifier "j" is not presented;
 Familial risk clarifier "j" can be presented;
 Familial risk clarifier "k" can be presented;
 Familial risk clarifier "l" can be presented if:
 Familial risk clarifier "a" is not presented; or Familial risk clarifier "b" is not presented;
 or Familial risk clarifier "d" is not presented; or Familial risk clarifier "e" is not presented; or Familial risk clarifier "g" is not presented; or Familial risk clarifier "k" is not presented; or Familial risk clarifier "p" is not presented;
 Familial risk clarifier "m" can be presented;
 Familial risk clarifier "n" can be presented;
 Familial risk clarifier "o" can be presented if:
 Familial risk clarifier "a" is not presented; or Familial risk clarifier "b" is not presented;
 or Familial risk clarifier "c" is not presented; or Familial risk clarifier "e" is not presented; or Familial risk clarifier "f" is not presented; or Familial risk clarifier "h" is not presented; or Familial risk clarifier "i" is not presented; or Familial risk clarifier "j" is not presented; or Familial risk clarifier "p" is not presented; and
 Familial risk clarifier "p" can be presented if:
 Familial risk clarifier "a" is not presented; or Familial risk clarifiers "b" and "d" are not presented.

Example 23 - Exemplary Familial Risk Matrices for Determining Familial Risk of Stroke
Based on Family Health History

FIGS. 27-32 illustrate exemplary familial risk matrices 2700, 2800, 2900, 3000, 3100, and 3200 (according to the form of exemplary familial risk matrix 800) for determining familial risk of stroke based on family health history. Shaded areas of the matrices are duplicative cells within each matrix.

- In the example, the definition of age of onset of stroke is defined as:
 Stroke: early < age 60; late > or = age 60.
 In the example, the definition of age of onset of coronary heart disease is defined as:
 Coronary heart disease: Men, early < age 55; late > or = age 55.

Women, early < age 65; late > or = age 65.

In the example, the definition of age of onset of diabetes is defined as:

Diabetes: Early (type 1) < age 20; late (Type 2) > or = age 20.

Familial "syndromes" or phenotypes that feature stroke (CVA) include:

- 5 Metabolic syndrome which can feature CHD, type 2 diabetes (DM) and stroke (CVA);
Stroke and CHD; and
Stroke-specific families

- 10 A listing of single gene disorders that feature stroke can be found in: Scheuner MT, Yoon P, Khoury MJ. "Contribution of mendelian disorders to common chronic disease: opportunities for recognition, intervention and prevention." Am J Med Genet 2004;125C:50-65. Definitions of metabolic syndrome have been proposed by three national organizations: 1) NCEP ATPIII, 2) WHO and the 3) American Association of Clinical Endocrinologists (AACE). Although the metabolic syndrome is a familial disease and genetic factors are associated with the phenotype, only the AACE considers family history of type 2 diabetes, hypertension or cardiovascular disease in their definition. For a review of the definitions see Grundy SM, Brewer HB, Cleeman JI, Smith SC, Lenfant C et al., "Definition of the metabolic syndrome." Report of the National Heart, Lung, and Blood Institute/American Heart Association Conference on Scientific Issues Related to Definition. Circulation 2004;109:433-438.

- 15 One of three levels of familial risk for a disease is assigned. The three levels of risk for a disease can be represented by uppercase letters: low or weak familial risk (A), moderate familial risk (M), or strong or high familial risk (H).

Familial risk clarifiers for the stroke familial risk matrices 2700, 2800, 2900, 3000, 3100, and 3200 include:

- a= At least one family member with stroke, coronary heart disease and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.
- 25 b= At least one family member with stroke and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.
- c= At least one family member with stroke and coronary heart disease. The combination of these conditions is a risk factor for stroke.
- 30 d= At least one family member with coronary heart disease and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.
- e= Closely related family members with stroke and diabetes. The combination of these conditions can be a sign of the metabolic syndrome.
- 35 f= Closely related family members with stroke and coronary heart disease. The combination of these conditions is a risk factor for stroke.
- g= Closely related family members with coronary heart disease and diabetes. The combination of these

conditions can be a sign of the metabolic syndrome.

h= At least one family member with stroke at a young age. Early-onset disease is a sign of a greater number of cardiovascular risk factors.

5 i= Two or more closely related family members with stroke.

j= Three or more closely related family members with stroke.

k= Two or more closely related family members with coronary heart disease. Although a different type of disease, coronary heart disease is a risk factor for stroke.

10 l= At least one family member with coronary heart disease at a young age. Although a different disease, coronary heart disease is a risk factor for stroke. Early-onset disease is a sign of a greater number of cardiovascular risk factors.

m= A family member with coronary heart disease. Although a different disease, coronary heart disease is a

15 risk factor for stroke.

n= Two or more closely related family members with diabetes, which can be a sign of the metabolic syndrome.

o= A family member with stroke.

p= Closely related family members with stroke, coronary heart disease and diabetes. The combination of

20 these conditions can be a sign of the metabolic syndrome.

***Example 24 - Exemplary Hierarchy of Presentation of Familial Risk Clarifiers in
Familial Risk Matrices for Determining Familial Risk of Coronary Heart Disease Based on
Family Health History***

25 Familial risk clarifiers in familial risk matrices for determining familial risk of coronary heart disease (according to example 18) based on family health history can be provided according to a hierarchy. For example, a hierarchy utilizing familial risk clarifiers described in example 18 can be as follows:

30 Familial risk clarifier "a" can be presented;

Familial risk clarifier "b" can be presented;

Familial risk clarifier "c" can be presented;

Familial risk clarifier "d" can be presented;

Familial risk clarifier "e" can be presented if familial risk clarifier "p" is not presented;

35 Familial risk clarifier "f" can be presented if familial risk clarifier "p" is not presented;

Familial risk clarifier "g" can be presented if familial risk clarifier "p" is not presented;

Familial risk clarifier "h" can be presented;

Familial risk clarifier "i" can be presented if familial risk clarifier "j" is not presented;

Familial risk clarifier "j" can be presented;
 Familial risk clarifier "k" can be presented;
 Familial risk clarifier "l" can be presented;
 Familial risk clarifier "m" can be presented if:

5 Familial risk clarifier "a" is not presented; or Familial risk clarifier "c" is not presented;

or Familial risk clarifier "d" is not presented; or Familial risk clarifier "f" is not presented; or
 Familial risk clarifier "g" is not presented; or Familial risk clarifier "k" is not presented; or Familial
 risk clarifier "l" is not presented; or Familial risk clarifier "p" is not presented;

10 Familial risk clarifier "p" can be presented if:

Familial risk clarifier "a" is not presented; or Familial risk clarifiers "b" and "d" are
 not presented.

***Example 25 - Exemplary Familial Risk Matrices for Determining Familial Risk of Type 2
 Diabetes Based on Family Health History***

15 FIGS. 33-35 illustrate exemplary familial risk matrices 3300, 3400, and 3500, (according to
 the form of exemplary familial risk matrix 800) for determining familial risk of type 2 diabetes based
 on family health history. Shaded areas of the matrices are duplicative cells within each matrix.

In the example, the definition of age of onset of diabetes is defined as:

20 Diabetes: Early (type 1) < age 20; late (Type 2) > or = age 20.

Type 2 diabetes aggregates in families, and family history of type 2 diabetes is a significant
 risk factor for type 2 diabetes. Type 1 diabetes (usually diagnosed before age 20) is an autoimmune
 disorder. Type 1 diabetes typically does not aggregate in families and thus family history is not a
 significant risk factor for this disorder. Additionally, a history of type 1 diabetes is not a significant
 25 risk factor for type 2 diabetes. Therefore, when assessing familial risk for type 2 diabetes, the familial
 risk matrices only consider diabetes diagnosed at or after age 20.

These algorithms within the familial risk matrices 3300, 3400, and 3500 are designed to
 assess familial risk of type 2 diabetes (also known as adult-onset diabetes and non-insulin dependent
 diabetes). Type 2 diabetes accounts for more than 90% of all diabetes in adults. Most type 2 diabetes
 30 is due to insulin resistance and these patients are at high risk for the conditions associated with the
 metabolic syndrome (e.g., diabetes, coronary heart disease, stroke, hypertension and dyslipidemia).

A listing of single gene disorders that feature diabetes can be found in: Scheuner MT, Yoon
 P, Khoury MJ. "Contribution of mendelian disorders to common chronic disease: opportunities for
 recognition, intervention and prevention." Am J Med Genet 2004;125C:50-65.

35 One of three levels of familial risk for a disease is assigned. The three levels of risk for a
 disease can be represented by uppercase letters: low or weak familial risk (A), moderate familial risk
 (M), or strong or high familial risk (H).

Familial risk clarifiers for the type 2 diabetes familial risk matrices 3300, 3400, and 3500 include:

a= Three or more closely related family members with adult-onset diabetes.

b= Two or more closely related family members with adult-onset diabetes.

5 c= A family member with adult-onset diabetes.

Example 26 - Exemplary Hierarchy of Presentation of Familial Risk Clarifiers in Familial Risk Matrices for Determining Familial Risk of Type 2 Diabetes Based on Family Health History

10 Familial risk clarifiers in familial risk matrices for determining familial risk of diabetes (according to example 20) based on family health history can be provided according to a hierarchy. For example, a hierarchy utilizing familial risk clarifiers described in example 20 can be as follows:

Familial risk clarifier "a" can be presented;

Familial risk clarifier "b" can be presented if familial risk clarifier a is not presented;

15 Familial risk clarifier "c" can be presented if:

Familial risk clarifier "a" is not presented; or Familial risk clarifier "b" is not presented.

Example 27 - Exemplary System for Determining a Disease Prevention Plan

20 FIG. 36 shows an exemplary system 3600 for determining a disease prevention plan. Health history collector 3602 can collect health history information and input the information into a familial risk assessor 3604 to assess the familial risk of one or more diseases. For example, electronic or paper-based questionnaires can be health history collectors and familial risk matrices (as described in the above examples) can be familial risk assessors. The familial risk

25 assessor 3604 can employ any of the methods described above.

A disease prevention plan presenter 3606 can receive information from the health history information (e.g., demographic information, health history information, behavior information, participation in screening tests, and the like) and familial risk assessor and present a disease prevention plan. An electronic or paper-based report can be a disease prevention plan presenter.

30 Such reports can include familial disease risk, familial risk clarifiers, pedigree presentation (e.g., a family tree display indicating disease in family members) and recommendations for screening tests, behavioral recommendations (e.g., changes or affirmations), and the like. Exemplary health collectors and disease prevention plan reports are shown in the examples below.

35 ***Example 28 - Exemplary Risk Scenarios***

In any of the examples herein, risk scenarios can be developed based on familial risk (e.g., as assessed by the disease matrices described above) and personal health history information collected.

Recommendations can be made based on exemplary risk scenarios to be included as part of a personalized disease prevention plan for a subject.

Example 29 - Exemplary Breast Cancer Disease Prevention Recommendations

5 An exemplary disease prevention plan (e.g., for use with system 3600) based on breast cancer familial risk assessment and screening questions is shown below. Screening questions can include the following questions:

1) A clinical breast exam is when a doctor or other health professional examines your breasts and feels for lumps and other changes. Have you had a clinical breast exam?

10 ☐ Never

☐ Yes, within the past year

☐ Yes, 1 to 2 years ago

☐ Yes, 3 to 5 years ago

☐ Yes, 6 to 10 years ago

15 ☐ Yes, more than 10 years ago

☐ Don't know/Not sure

2) A mammogram is an x-ray of each breast to look for early signs of breast cancer. Have you had a mammogram?

☐ Never

20 ☐ Yes, within the past year

☐ Yes, 1 to 2 years ago

☐ Yes, 3 to 5 years ago

☐ Yes, 6 to 10 years ago

☐ Yes, more than 10 years ago

25 ☐ Don't know/Not sure

The following risk scenarios are examples of exemplary disease prevention plan recommendations based on answers to the above questions and familial risk assessment. The following six risk scenarios can occur if a subject has no prior history of breast cancer and has not had screenings.

30 Risk Scenario 1.

If a female subject has not had either screening test, and if the subject has weak familial risk for breast cancer and age = 21 and has not had clinical breast exam within the past year, or user age = 22 and < 40 and has not had clinical breast exam within past 1 to 2 years, then the following recommendation is provided:

35 Talk to your health professional about a breast exam and when to get breast cancer screening.

A clinical breast exam is a breast cancer screening test that may help detect breast cancer early, when it is most treatable. Clinical breast exams are used in combination with mammograms

when you reach age 40 and older. Talk to your health professional about breast cancer screening tests, and when and how often you should be screened.

Risk Scenario 2.

5 If a female subject has not had a mammogram within the past year and if the subject has weak familial risk for breast cancer and age = or > 41, then the following recommendation is provided:

Schedule breast cancer screening today.

Mammograms and clinical breast exams are screening tests that can help detect breast cancer early, when it is most treatable. Talk to your health professional about scheduling breast cancer
10 screening at least every one to two years.

Risk Scenario 3.

If a female subject has moderate familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = 21 and has not had a clinical breast exam or mammogram within the past year, or subject age = 22 or < 40 and has not had clinical breast exam or mammogram
15 within the past 1 to 2 years, then the following recommendation is provided:

You may benefit from breast cancer screening at a younger age than is usually recommended. Talk to your health professional about your family history, how it affects your breast cancer risk, and your options for screening and prevention.

Clinical breast exams and mammograms are screening tests that can help detect breast cancer early, when it is most treatable. Mammograms are most effective and reliable when performed in
20 women age 40 and older. Due to your family history, a mammogram at an earlier age or another type of screening test or prevention option may be helpful. Talk to your health professional about your risk of breast cancer, the best tests for you, and when and how often you should be screened.

Risk Scenario 4.

25 If a female subject has moderate familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = or > 41 and the subject has not had mammogram within past year, then the following recommendation is provided:

Schedule breast cancer screening today. Talk to your health professional about your family history, how it affects your breast cancer risk, and your options for screening and prevention.

30 Mammograms and clinical breast exams are screening tests that can help detect breast cancer early, when it is most treatable. Due to your family history, other screening tests or prevention options may be helpful. Talk to your health professional about your risk of breast cancer, the best tests for you, and how often you should be screened.

Risk Scenario 5.

35 If a female subject has high familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = or > 21 and < 40 and has not had a clinical breast exam within the past year or has not had a mammogram within past year, then the following recommendation is provided:

You may benefit from breast cancer screening at a younger age than is usually recommended. Talk to your health professional about your family history, how it affects your breast cancer risk, and your options for screening and prevention.

5 Mammograms and clinical breast exams are screening tests that can help detect breast cancer early, when it is most treatable. Mammograms are most effective and reliable when performed in women age 40 and older. Due to your family history, a mammogram at an earlier age may be helpful. There are also other ways to screen for and prevent breast cancer among women with the highest risk. Talk to your health professional about your breast cancer risk, the best tests for you, and when and how often you should be screened.

10 Risk Scenario 6.

If a female subject has high familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = or > 41 and has not had mammogram within past year, then the following recommendation is provided:

15 Schedule breast cancer screening today. Talk to your health professional about your family history, how it affects your breast cancer risk, and your options for screening and prevention.

Mammograms and clinical breast exams are screening tests that help detect breast cancer early, when it is most treatable. There are also other ways to screen for and prevent breast cancer among women with the highest risk. Talk to your health professional about your risk of breast cancer, the best tests for you, and how often you should be screened.

20

The following four risk scenarios can occur if a subject has had screenings:

Risk Scenario 1.

25 If a female subject has moderate familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = 21 and has had clinical breast exam or mammogram within the past year, or user age = 22 or < 40 and has had clinical breast exam or mammogram within past 1 to 2 years, then the following recommendation is provided:

Continue breast cancer screening. Talk to your health professional about your family history, how it affects your breast cancer risk, and your options for screening and prevention.

30 Clinical breast exams and mammograms are screening tests that can help detect breast cancer early, when it is most treatable. Mammograms are most effective and reliable when performed in women age 40 and older. Due to your family history, a mammogram at an earlier age or another type of screening test or prevention option may be helpful. Talk to your health professional about your risk of breast cancer, the best tests for you, and how often you should be screened.

Risk Scenario 2.

35 If a female subject has moderate familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = or > 41 and has had mammogram within past year, then the following recommendation is provided:

Continue breast cancer screening. Talk to your health professional about your family

history, how it affects your breast cancer risk, and your options for screening and prevention.

Mammograms and clinical breast exams are screening tests that can help detect breast cancer early, when it is most treatable. Due to your family history, other screening tests or prevention options may be helpful. Talk to your health professional about your risk of breast cancer, the best tests for you, and how often you should be screened.

Risk Scenario 3.

If a female subject has high familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = or > 21 and < 40 and has had clinical breast exam within the past year or has had mammogram within past year, then the following recommendation is provided:

Continue breast cancer screening. Talk to your health professional about your family history, how it affects your breast cancer risk, and your options for screening and prevention.

Mammograms and clinical breast exams are screening tests that can help detect breast cancer early, when it is most treatable. Mammograms are most effective and reliable when performed in women age 40 and older. Due to your family history, a mammogram at an earlier age may be helpful. There are also other ways to screen for and prevent breast cancer among women with the highest risk. Talk to your health professional about your risk of breast cancer, the best tests for you, and how often you should be screened.

Risk Scenario 4.

If a female subject has high familial risk for breast cancer and no personal history of breast cancer or ovarian cancer, and age = or > 41 and has had mammogram within past year, then the following recommendation is provided:

Continue breast cancer screening. Talk to your health professional about your family history, how it affects your breast cancer risk, and your options for screening and prevention.

Mammograms and clinical breast exams are screening tests that can help detect breast cancer early, when it is most treatable. There are also other ways to screen for and prevent breast cancer among women with the highest risk. Talk to your health professional about your risk of breast cancer, the best tests for you, and how often you should be screened.

Example 30 - Exemplary Ovarian Cancer Disease Prevention Recommendations

An exemplary disease prevention plan (according to system 3600) based on familial risk assessment is shown below. The following risk scenarios are examples of exemplary disease prevention plan recommendations based ovarian familial risk assessment. The following two risk scenarios can occur if a female subject has not had screenings.

Risk Scenario 1.

If a female subject has a moderate familial risk for ovarian cancer and age = or > 20 and no personal history of ovarian cancer or breast cancer, then the following recommendation is provided:

Screening tests are sometimes offered to women with an increased risk of ovarian cancer. Talk to your health professional about your family history, how it affects your ovarian cancer risk,

and your options for screening and prevention.

Available tests for ovarian cancer screening include a blood test called CA-125 and ultrasound of the ovaries. These tests can be used alone or in combination. Talk to your health professional about your risk of ovarian cancer, the benefits and limits of the available tests, and which prevention and screening options are best for you.

Risk Scenario 2.

If a female subject has a high familial risk for ovarian cancer and age = or > 20 and no personal history of ovarian cancer or breast cancer, then the following recommendation is provided:

Screening tests are sometimes offered to women with an increased risk of ovarian cancer.

10 Talk to your health professional about your family history, how it affects your ovarian cancer risk, and your options for screening and prevention.

Available tests for ovarian cancer screening include a blood test called CA-125 and ultrasound of the ovaries. These tests can be used alone or in combination. Because your family history is a strong risk factor for ovarian cancer, these tests may be recommended. Talk to your health professional about your risk of ovarian cancer, the benefits and limits of the available tests, and which prevention and screening options are best for you.

Example 31 - Exemplary Colon Cancer Disease Prevention Recommendations

20 An exemplary disease prevention plan (according to system 3600) based on colon cancer familial risk assessment and screening questions is shown below. Screening questions can include the following questions:

1) A fecal occult blood test ("FOBT") is a test kit that you receive from your health professional. At home, you put a small piece of stool on a test card. You do this for three bowel movements in a row. Then you return the test cards to the health professional or lab. The stool samples are checked for blood. Have you had a fecal occult blood test?

25 ☐ Never

☐ Yes, within the past year

☐ Yes, 1 to 2 years ago

☐ Yes, 3 to 5 years ago

30 ☐ Yes, 6 to 10 years ago

☐ Yes, more than 10 years ago

☐ Don't know/Not sure

2) A colonoscopy is an examination that checks the entire colon. A tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Heavy sedation or pain medication usually is required. Have you had a colonoscopy?

35 ☐ Never

☐ Yes, within the past year

☐ Yes, 1 to 2 years ago

- ☐ Yes, 3 to 5 years ago
- ☐ Yes, 6 to 10 years ago
- ☐ Yes, more than 10 years ago
- ☐ Don't know/Not sure

5 3) A sigmoidoscopy is an examination that checks the lower part of the colon. A tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Heavy sedation or pain medication usually is not required. Have you had a sigmoidoscopy?

- ☐ Never
- ☐ Yes, within the past year
- 10 ☐ Yes, 1 to 2 years ago
- ☐ Yes, 3 to 5 years ago
- ☐ Yes, 6 to 10 years ago
- ☐ Yes, more than 10 years ago
- ☐ Don't know/Not sure

15 The following risk scenarios are examples of exemplary disease prevention plan recommendations based on answers to the above questions and colon cancer familial risk assessment. The following six risk scenarios can occur if a subject has not had screenings.

Risk Scenario 1.

20 If a subject has average familial risk for colon cancer and age = 51 and has not had FOBT or sigmoidoscopy or colonoscopy within past year; or age = 52 and has not had FOBT within past year, or sigmoidoscopy or colonoscopy; or within past 1 to 2 years; or age = 53 and has not had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or age = 54 and has not had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or age = 55 and has not had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or

25 age = 56 and has not had FOBT within past year, or sigmoidoscopy in past 3 to 5 years, or colonoscopy in past 6 to 10 years; or age = 57 and has not had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years; or age = 58 and has not had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years; or age = 59 and has not had FOBT within past year, or sigmoidoscopy within past 3 to

30 5 years, or colonoscopy within past 6 to 10 years; or age = or > 60 and has not had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years, then the following recommendation is provided:

Schedule a colon cancer screening test today.

35 Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Colon cancer screening can involve a home stool test kit, sigmoidoscopy, double-contrast barium enema, and/or colonoscopy. These tests can be done alone or in combination. Usually, a home stool test is done every year, sigmoidoscopy at least every 5 years, double-contrast barium enema at least every 5 years,

and colonoscopy at least every 10 years. Talk to your health professional about your risk of colon cancer, the tests that are best for you, and when and how often you should be screened.

Risk Scenario 2.

5 If a subject has moderate familial risk for colon cancer and no personal history of colon cancer and age = 20 and < 41, then the following recommendation is provided:

You may benefit from colon cancer screening tests at a younger age than usually is recommended. Talk to your health professional about your family history, how it affects your colon cancer risk, and your options for screening and prevention.

10 Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Colon cancer screening tests include: a home stool test kit, sigmoidoscopy, double-contrast barium enema, and/or colonoscopy. These tests can be done alone or in combination, and are usually recommended for people aged 50 and older. However, people with an increased risk due to family history often start testing at age 40. Usually, a home stool test is done every year, sigmoidoscopy at least every 5 years, 15 double-contrast barium enema at least every 5 years, and colonoscopy at least every 10 years. Talk to your health professional about your risk of colon cancer, the tests that are best for you, and when and how often you should be screened.

Risk Scenario 3.

20 If a subject has moderate familial risk for colon cancer and no personal history of colon cancer and age = 41 and has not had FOBT or sigmoidoscopy or colonoscopy within past year; or age = 42 and has not had FOBT within past year, or sigmoidoscopy or colonoscopy within past 1 to 2 years; or age = 43 and has not had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or age = 44 and has not had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or age = 45 and has not had FOBT within past year, or 25 sigmoidoscopy or colonoscopy in past 3 to 5 years; or age = 46 and has not had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years; or age = 47 and has not had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy in past 6 to 10 years; or age = 48 and has not had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or 30 colonoscopy within past 6 to 10 years; or age = 49 and has not had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years, then the following recommendation is provided:

35 You may benefit from colon cancer screening tests at a younger age than usually is recommended. Talk to your health professional about your family history, how it affects your colon cancer risk, and your options for screening and prevention.

Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Colon cancer screening tests include: a home stool test kit, sigmoidoscopy, double-contrast barium enema, and/or

colonoscopy. These tests can be done alone or in combination, and are usually recommended for people aged 50 and older. However, people with an increased risk due to family history often start testing at age 40. Usually, a home stool test is done every year, sigmoidoscopy at least every 5 years, double-contrast barium enema at least every 5 years, and colonoscopy at least every 10 years. Talk to
 5 your health professional about your risk of colon cancer, the tests that are best for you, and when and how often you should be screened.

Risk Scenario 4.

If a subject has moderate familial risk for colon cancer and no personal history of colon cancer and their age = or > 50 and has not had FOBT within past year, or sigmoidoscopy within past
 10 3 to 5 years, or colonoscopy within past 6 to 10 years then the following recommendation is provided:

Schedule a colon cancer screening test today. Talk to your health professional about your family history, how it affects your colon cancer risk, and your options for screening and prevention.

Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Colon cancer
 15 screening tests include: a home stool test kit, sigmoidoscopy, double-contrast barium enema, and/or colonoscopy. These tests can be done alone or in combination and are usually recommended for people aged 50 and older. Usually, a home stool test is done every year, sigmoidoscopy at least every 5 years, double-contrast barium enema at least every 5 years, and colonoscopy at least every 10 years. Talk to your health professional about your risk of colon cancer, the tests that are best for you, and
 20 how often you should be screened.

Risk Scenario 5.

If a subject has high (e.g., strong) familial risk for colon cancer and no personal history of colon cancer and age = 20 to 30, then the following recommendation is provided:

You may benefit from colon cancer screening tests at a younger age than usually is
 25 recommended. Talk to your health professional about your family history, how it affects your colon cancer risk, and your options for screening and prevention.

Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Because of your high risk, colonoscopy may be the best screening test for you. Other screening tests include a home
 30 stool test kit, sigmoidoscopy, and double-contrast barium enema. While colon cancer screening is usually recommended for people aged 50 and older, people with an increased risk due to family history often start testing at age 40, and families with the highest risk sometimes start testing as early as age 20 to 30. Talk to your health professional about your risk of colon cancer, the tests that are best for you, and when and how often you should be screened.

Risk Scenario 6.

If a subject has high (e.g., strong) familial risk for colon cancer and no personal history of colon cancer and age = 31 and has not had colonoscopy within past year; or age = 32 and has not had colonoscopy within past 1 to 2 years; or age = 33 and has not had colonoscopy within past 3 to 5

years; or age = 34 and has not had colonoscopy within past 3 to 5 years; or age = or > 35 and has not had colonoscopy within past 3 to 5 years, then the following recommendation is provided:

5 You may benefit from colon cancer screening tests at a younger age than usually is recommended. Talk to your health professional about your family history, how it affects your colon cancer risk, and your options for screening and prevention.

Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Because of your high risk, colonoscopy may be the best screening test for you. Other screening tests include a home stool test kit, sigmoidoscopy, and double-contrast barium enema. While colon cancer screening is usually
10 recommended for people aged 50 and older, people with increased risk due to family history often start testing at age 40, and families with the highest risk sometimes start testing as early as age 20 to 30. Talk to your health professional about your risk of colon cancer, the tests that are best for you, and when and how often you should be screened.

15 The following two risk scenarios can occur if a subject has had screenings.

Risk Scenario 1.

If a subject has moderate familial risk for colon cancer and no personal history of colon cancer, and age = 41 and has had FOBT or sigmoidoscopy or colonoscopy within past year; or age = 42 and has had FOBT within past year, or sigmoidoscopy or colonoscopy within past 1 to 2 years; or
20 age = 43 and has had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or age = 44 and has had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or age = 45 and has had FOBT within past year, or sigmoidoscopy or colonoscopy within past 3 to 5 years; or age = 46 and has had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years; or age = 47 and has had FOBT within past
25 year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years; or age = 48 and has had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years; or age = 49 and has had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years; or age = or > 50 and has had FOBT within past year, or sigmoidoscopy within past 3 to 5 years, or colonoscopy within past 6 to 10 years, then the
30 following recommendation is provided:

Continue colon cancer screening. Talk to your health professional about your family history, how it affects your colon cancer risk, and your options for screening and prevention.

Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Colon cancer
35 screening tests include: a home stool test kit, sigmoidoscopy, double-contrast barium enema, and/or colonoscopy. These tests can be done alone or in combination, and are usually recommended for people aged 50 and older. However, people with an increased risk due to family history often start testing at age 40. Usually, a home stool test is done every year, sigmoidoscopy at least every 5 years,

double-contrast barium enema at least every 5 years, and colonoscopy at least every 10 years. Talk to your health professional about your risk of colon cancer, the screening tests that are best for you, and how often you should be screened.

Risk Scenario 2.

5 If a subject has high (e.g., strong) familial risk for colon cancer and no personal history of colon cancer, and age = 31 and has had colonoscopy within past year; or age = 32 and has had colonoscopy within past 1 to 2 years; or age = 33 and has had colonoscopy within past 3 to 5 years; or age = 34 and has had colonoscopy within past 3 to 5 years; or age = or > 35 and has had colonoscopy within past 3 to 5 years, then the following recommendation is provided:

10 Continue colon cancer screening. Talk to your health professional about your family history, how it affects your colon cancer risk, and your options for screening and prevention.

Colon cancer screening can help find colon cancer early, when it is most treatable. It also can detect polyps (small growths), which can be removed to prevent colon cancer. Because of your high risk, colonoscopy may be the best screening test for you. Other screening tests include a home stool test kit, sigmoidoscopy, and double-contrast barium enema. While colon cancer screening is usually recommended for people aged 50 and older, people with increased risk due to family history often start testing at age 40, and families with the highest risk sometimes start testing as early as age 20 to 30. Talk to your health professional about your risk of colon cancer, the screening tests that are best for you, and how often you should be screened.

20

Example 32 - Exemplary Coronary Heart Disease and Stroke Prevention

Recommendations

An exemplary disease prevention plan (according to system 3600) based on coronary heart disease and/or stroke familial risk assessment and screening questions is shown below. A blood cholesterol screening question can include the following question:

25 1) Blood cholesterol is a fatty substance found in the blood. Have you had your blood cholesterol checked by a health professional?

____ Never

____ Yes, within the past year

30 ____ Yes, 1 to 2 years ago

____ Yes, 3 to 5 years ago

____ Yes, 6 to 10 years ago

____ Yes, more than 10 years ago

____ Don't know/Not sure

35 The following three risk scenarios can occur if a subject has not had screenings.

Risk Scenario 1.

If a subject is a woman and has weak familial risk for coronary artery disease and stroke, and age = or > 46 and has not had cholesterol test within the past year; or age = 47 and has not had

cholesterol tested in the past 2 years; or age = 48 and has not had cholesterol tested in past 3 years; or age = 49 and has not had cholesterol tested in past 4 years; or age = or > 50 and has not had cholesterol tested in past 5 years, then the following recommendation is provided:

Get your cholesterol tested.

- 5 Your cholesterol testing should include a measure of your total cholesterol, low density lipoprotein (the “bad” cholesterol), high density lipoprotein (the “good” cholesterol), and triglycerides. If your cholesterol levels are high or abnormal, changing your lifestyle and/or taking medication can reduce your risk of coronary heart disease and stroke. Ask your health professional how often you should test your cholesterol. This will depend on your cholesterol levels, other risk factors, and if you already are being treated for cholesterol problems.

10 Risk Scenario 2.

- If a subject is a man and has low (e.g., weak) familial risk for coronary artery disease and stroke, and age = or > 36 and has not had cholesterol test within past year; or age = 37 and has not had cholesterol tested in past 2 years; or age = 38 and has not had cholesterol tested in past 3 years; or age = 39 and has not had cholesterol tested in past 4 years; or age = or > 40 and has not had cholesterol tested in past 5 years, then the following recommendation is provided:

Get your cholesterol tested.

- 20 Your cholesterol testing should include a measure of your total cholesterol, low density lipoprotein (the “bad” cholesterol), high density lipoprotein (the “good” cholesterol), and triglycerides. If your cholesterol levels are high or abnormal, changing your lifestyle and/or taking medication can reduce your risk of coronary heart disease and stroke. Ask your health professional how often you should test your cholesterol. This will depend on your cholesterol levels, other risk factors, and if you already are being treated for cholesterol problems.

Risk Scenario 3.

- 25 If a subject has moderate or high (e.g., strong) familial risk for coronary heart disease or stroke and no personal history of coronary heart disease, stroke or diabetes, and age = 21 and has not had cholesterol test within the past year; or age = 22 and has not had cholesterol test within past 1 to 2 years; or age = 23 and has not had cholesterol test within past 2 to 5 years; or age = 24 and has not had cholesterol test within past 2 to 5 years; or age = or > 25 and has not had cholesterol test within past 5 years, then the following recommendation is provided:

Get your cholesterol tested. Talk to your health professional about your family history, how it affects your risk of coronary heart disease or stroke, and your options for screening and prevention.

- 35 Your cholesterol testing should include a measure of your total cholesterol, low density lipoprotein (the “bad” cholesterol), high density lipoprotein (the “good” cholesterol), and triglycerides. If your cholesterol levels are high or abnormal, changing your lifestyle and/or taking medication can reduce your risk of coronary heart disease and stroke. Due to your increased risk, you may need to test for other cardiovascular risk factors. Ask your health professional how often you should test your cholesterol. This will depend on your cholesterol levels, other risk factors, and if

you already are being treated for cholesterol problems.

The following risk scenario can occur if a subject has had cholesterol screenings.

Risk Scenario 1.

5 If a subject has moderate or high (e.g., strong) familial risk for coronary heart disease or stroke and no personal history of coronary heart disease, stroke or diabetes, and age = 21 and has had cholesterol test in past year; or age = 22 and has had cholesterol test in past 2 years; or age = 23 and has had cholesterol test in past 3 years; or age = 24 and has had cholesterol test in past 4 years; or age = or > 25 and has had cholesterol test in past 5 years, then the following recommendation is provided:

10 Continue cholesterol testing. Talk to your health professional about your family history, how it affects your risk of <coronary heart disease or stroke>, and your options for screening and prevention.

 Your cholesterol testing should include a measure of your total cholesterol, low density lipoprotein (the “bad” cholesterol), high density lipoprotein (the “good” cholesterol), and
15 triglycerides. If your cholesterol levels are high or abnormal, changing your lifestyle and/or taking medication can reduce your risk of coronary heart disease and stroke. Due to your increased risk, you may need to test for other cardiovascular risk factors. Ask your health professional how often you should test your cholesterol. This will depend on your cholesterol levels, other risk factors, and if you already are being treated for cholesterol problems.

20

 Similarly, a blood screening question can include the following question:

1) Have you had your blood pressure checked by a health professional?

_____ Never

_____ Yes, within the past year

25 _____ Yes, 1 to 2 years ago

_____ Yes, 3 to 5 years ago

_____ Yes, 6 to 10 years ago

_____ Yes, more than 10 years ago

_____ Don't know/Not sure

30 The following two risk scenarios can occur if a subject has had blood pressure screening:

Risk Scenario 1.

 If a subject has low (e.g., weak) familial risk for coronary heart disease and stroke, and has not had blood pressure checked in past year, and age = or > 19, then the following recommendation is provided:

35 Get your blood pressure checked.

 If your blood pressure is high, changing your lifestyle and/or taking medication can lower your blood pressure and reduce your risk of coronary heart disease and stroke. Ask your health professional how often you should check your blood pressure. This will depend on your blood

pressure levels, other health problems, and if you already are being treated for high blood pressure.

Risk Scenario 2.

If a subject has moderate or high (e.g., strong) familial risk for coronary heart disease or stroke and has no personal history of coronary heart disease, stroke or diabetes, and has not had blood pressure checked in past year, and age = or > 19, then the following recommendation is provided:

Get your blood pressure checked. Talk to your health professional about your family history, how it affects your risk of <coronary heart disease or stroke>, and your options for screening and prevention.

If your blood pressure is high, changing your lifestyle and/or taking medication can lower your blood pressure and reduce your risk of coronary heart disease and stroke. Ask your health professional how often you should check your blood pressure. This will depend on your blood pressure levels, other health problems, and if you already are being treated for high blood pressure.

The following risk scenario can occur if a subject has had blood pressure screening:

Risk Scenario 1.

If a subject has moderate or high (e.g., strong) familial risk for coronary heart disease or stroke and has no personal history of coronary heart disease, stroke and diabetes, and has had blood pressure checked in past year, and age = or > 19, then the following recommendation is provided:

Continue to check your blood pressure. Talk to your health professional about your family history, how it affects your risk of <coronary heart disease or stroke>, and your options for screening and prevention.

If your blood pressure is high, changing your lifestyle and/or taking medication can lower your blood pressure and reduce your risk of coronary heart disease and stroke. Ask your health professional how often you should check your blood pressure. This will depend on your blood pressure levels, other health problems, and if you already are being treated for high blood pressure.

Example 33 - Exemplary Diabetes Prevention Recommendations

An exemplary disease prevention plan (according to system 3600) based on diabetes familial risk assessment and a screening question is shown below. A blood glucose screening question can include the following question:

1) A blood sugar test is a blood test that looks for and measures your blood glucose or blood sugar. Have you had your blood sugar tested by a health professional?

☐ Never

☐ Yes, within the past year

☐ Yes, 1 to 2 years ago

☐ Yes, 3 to 5 years ago

☐ Yes, 6 to 10 years ago

☐ Yes, more than 10 years ago

____ Don't know/Not sure

The following risk scenario can occur:

Risk Scenario 1.

5 If a subject has moderate or high (e.g., strong) familial risk for diabetes, coronary heart disease and/or stroke and no personal history of diabetes, coronary heart disease or stroke, and has not had their blood sugar tested in the past 2 years and age $\geq$ 22, then the following recommendation is provided:

You may benefit from blood sugar testing because of your family history. Talk to your health professional about your blood sugar and how it affects your risk of disease.

10 Elevated blood sugar is a sign of diabetes, and it can increase the risk of coronary heart disease and stroke. If you have elevated blood sugar, you can lower it by changing your lifestyle and/or taking medication. In addition, your health professional may closely monitor and manage other cardiovascular risk factors like blood pressure and cholesterol. These steps may reduce your chances of coronary heart disease and stroke. Ask your health professional about scheduling a blood
15 sugar test.

Example 34 - Exemplary General Screening Test Recommendations Based upon Familial Risk Assessment

Exemplary disease prevention plan (e.g. a disease prevention plan according to system 3600)
20 general gender- specific screening test recommendations including when to begin and interval of screening based on familial risk assessment are shown in Table 1. Screening test recommendations can be further based on available guidelines (e.g., guidelines from the U.S. Preventive Services Task Force, National Cancer Institute, National Heart, Lung and Blood Institute, American Cancer Society, and the American Heart Association and the like). The screening test recommendations provided
25 can be presented as part of a complete overall disease prevention plan for a subject, or by one or more diseases of interest.

Table 1.

5

Disease	Screening Test	Risk Status	RECOMMENDATION PROVIDED
Heart Disease & Stroke	Cholesterol	Average/Weak	For women, screening should begin at age 45 with a frequency of at least every 5 years For men, screening should begin at age 35 with a frequency of at least every 5 years
		Moderate	For men and women, screening should begin at age 20 with a frequency of at least every 5 years
		High/Strong	For men and women, screening should begin at age 20 with a frequency of at least every 5 years
	Blood Pressure	Average	For men and women, screening should begin at age 18 with a frequency of at least every year
		Moderate	For men and women, screening should begin at age 18 with a frequency of at least every year
		High	For men and women, screening should begin at age 18 with a frequency of at least every year
	Blood Glucose	Average	No message
		Moderate	For men and women, screening should begin at age 20 with a frequency of at least every two years
		High	For men and women, screening should begin at age 20 with a frequency of at least every two years
Diabetes	Blood Glucose	Average	No message
		Moderate	For men and women, screening should begin at age 20 with a frequency of at least every two years
		High	For men and women, screening should begin at age 20 with a frequency of at least every two years
Breast Cancer	CBE MG	Average	For women between ages 20 to 40, screening with CBE is an option beginning at age 20 with a frequency of every 1-2 years. For women age 40 and older, screening with mammography should begin at age 40 with a frequency of every 1-2 years. (CBE every 1 to 2 years is also suggested).
		Moderate	For women between ages 20 to 40, screening with CBE and/or mammogram may be an option with a frequency of every 1-2 years For women age 40 and older, screening with mammography should begin at age 40 with a frequency of every year. (CBE every 1 to 2 years is also suggested)
		High	For women between ages 20 to 40, screening with CBE and/or mammography may be an option with a frequency of every year. For women age 40 and older, screening with mammography should begin at age 40 with a frequency of every year.

Ovarian Cancer	CA-125 Transvaginal Ultrasound	Average	No Message
		Moderate	For women beginning age at 20, discuss screening (i.e., CA125, TVUS) with health professional.
		High	For women beginning at age 20, discuss screening (i.e., CA125, TVUS) with health professional
Colon Cancer	FOBT Flex Sig DCBE Colonoscopy	Average	For men and women, begin screening at age 50. Frequency of screening with FOBT every year; with flexible sigmoidoscopy at least every 5 years; with DCBE at least every 5 years; and with colonoscopy at least every 10 years.
		Moderate	For men and women between ages 20 to 40, discuss screening with health professional. For men and women, begin screening at age 40. Frequency of screening with FOBT every year; with flexible sigmoidoscopy at least every 5 years; with DCBE at least every 5 years; and with colonoscopy at least every 10 years.
		High	For men and women between ages 20 to 30, discuss screening with health professional. For men and women age 30 and older, begin screening with colonoscopy at age 30 with a frequency of at least every 5 years. (Other screening modalities are suggested as options.)

Example 35 - Exemplary General Lifestyle/Behavior Recommendations Based upon Familial Risk Assessment and Personal Health History

- 5 Exemplary disease prevention plan (e.g. a disease prevention plan according to system 3600) gender and age-based lifestyle/behavior recommendations based on familial risk assessment and personal health history are shown in Table 2. Lifestyle/Behavior recommendations can be further based on available guidelines (e.g., guidelines from the U.S. Preventive Services Task Force, National Cancer Institute, National Heart, Lung and Blood Institute, American Cancer Society, and the
- 10 American Heart Association and the like). The lifestyle/behavior recommendations provided can be presented as part of a complete overall disease prevention plan for a subject, or by one or more diseases of interest.

Table 2.

	Lifestyle/ Behavior	Linked to Disease?	Risk Status	RECOMMENDATION PROVIDED
5	BMI	CHD, stroke, DM, Breast CA, Colon CA	Average	<i>BMI < 18.5</i> Underweight - Talk to doctor <i>BMI ≥ 25</i> Lose weight to reduce risk of CVD, diabetes and cancer
			Moderate or High	<i>BMI < 18.5</i> Underweight - Talk to doctor <i>BMI ≥ 25</i> Lose weight to reduce risk of <disease>. <i>BMI = 18.5 to 24.9</i> Maintaining weight may reduce risk of <disease>.
	Tobacco	CHD, stroke, Colon CA	Average	<i>Smoker</i> Quit smoking
			Moderate or High	<i>Smoker</i> Quit smoking to reduce risk of <disease>. <i>Former Smoker</i> Keep avoiding to reduce risk of <disease>
	Physical Activity	CHD, stroke, DM, Breast CA, Colon CA	Average	<i>Does not Exercise (as recommended)</i> ↑ physical activity...may improve health
			Moderate or High	<i>Does not Exercise</i> ↑ physical activity may reduce risk of <disease>. <i>Does Exercise</i> Continue. May reduce risk of <disease>.
	5-A-Day (Diet)	CHD, stroke, Breast CA, Colon CA	Average	< 5-a-day ↑ intake... may improve health
			Moderate or High	< 5-a-day ↑ intake... may reduce risk of <disease>. ≥ 5-a-day Continue. May reduce risk of <disease>.
	Alcohol	Colon cancer, breast cancer	Any	<i>Female & drinks</i> Limit to one a day <i>Male & drinks</i> Limit to one or two a day
	Aspirin	CHD, stroke, Colon CA	Moderate or High	<i>Uses less than 3x/wk</i> Aspirin may reduce risk of <disease>.. Talk to doctor. <i>Uses 3 or more times a week.</i> Asp. may reduce risk of <disease>. Talk to doctor.

Example 36 - Exemplary Lifestyle/Behavior Recommendations Based upon Familial Risk

5

Assessment and Personal Health History

An exemplary disease prevention plan (according to system 3600) based on familial risk assessment and the screening questions is shown below. Body mass index (BMI) screening questions can include the following questions:

- 1) What is your current height? ____ feet ____ inches
- 10 2) What is your current weight (If you are pregnant, what was your weight prior to pregnancy) ?
____ pounds

The following risk scenarios can occur based on familial risk for disease and the response to the above questions:

Risk Scenario 1.

15

If BMI is < 18.5 and if the subject has any familial risk for coronary heart disease, stroke, diabetes, colon cancer and breast cancer, and ovarian cancer, the following recommendation is provided:

You are underweight for your height. Talk to your health professional about your weight, and how it affects your health.

Based on your height, your ideal weight ranges from ____ to ____ pounds. Being underweight can be a sign of a health problem, especially if you have had an unplanned weight loss.

5 Risk Scenario 2.

If BMI is = or > 25 and if the subject has weak familial risk for coronary heart disease, stroke, diabetes, colon cancer and breast cancer, and any familial risk for ovarian cancer, then the following recommendation is provided:

10 Losing weight may reduce your risk of getting cardiovascular disease, diabetes and cancer, and improve your overall health.

Based on your height, your ideal weight ranges from <__ to __ pounds>. Even a weight loss of a few pounds can make a difference. Talk to your health professional about a nutrition and physical activity program that is right for you.

Risk Scenario 3.

15 If BMI is = or > 25 and if the subject has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke, diabetes, colon cancer or breast cancer and no personal history of coronary heart disease, stroke, diabetes, colon cancer and breast cancer, then the following recommendation is provided:

Losing weight may reduce your risk of getting <diseases> and improve your overall health.

20 Based on your height, your ideal weight ranges from <__ to __ pounds>. Even a weight loss of a few pounds can make a difference. Talk to your health professional about a nutrition and physical activity program that is right for you.

Risk Scenario 4.

25 If BMI = 18.5 to 24.9 and if the subject has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke, diabetes, colon cancer or breast cancer and no personal history of coronary heart disease, stroke, diabetes, colon cancer and breast cancer, then the following recommendation is provided:

Your weight is appropriate for your height. Maintaining a healthy weight may reduce your risk of <diseases> and improve your overall health.

30 Based on your height, your ideal weight ranges from <__ to __ pounds>.

Tobacco use screening questions can include the following question:

1) Do you smoke tobacco including cigarettes, a pipe, or cigars?

____ Yes, I currently smoke cigarettes, a pipe, or cigars

35 ____ No, but I used to smoke

____ No, I have never smoked (or I have smoked less than 100 cigarettes in my lifetime)

The following risk scenarios can occur based on familial risk for disease and the response to the above questions:

Risk Scenario 1.

If a subject smokes and has weak familial risk for coronary heart disease, stroke, or colon cancer, and any level of familial risk for diabetes, breast and ovarian cancer, then the following recommendation is provided:

- 5 Quit smoking. Smoking increases your risk of cardiovascular disease, lung disease, cancer, and other health problems.

(For women) If you are pregnant and smoke, quitting now will help prevent health problems for you and your fetus. Talk to your health professional about programs to help you quit. Medication and counseling can help you quit. Make a plan and set a quit date. Tell your family, friends, and coworkers you are quitting and ask for their support.

10

Risk Scenario 2.

If a subject smokes and has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke, or colon cancer and no personal history of coronary heart disease, stroke, diabetes, or colon cancer, then the following recommendation is provided:

- 15 Quit smoking to reduce your risk of <disease(s)> and to improve your overall health.

(For women) If you are pregnant and smoke, quitting now will help prevent health problems for you and your fetus. Talk to your health professional about programs to help you quit. Medication and counseling can help you quit. Make a plan and set a quit date. Tell your family, friends, and coworkers you are quitting and ask for their support.

20

Risk Scenario 3.

If a subject is a former smoker and has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke or colon cancer and no personal history of coronary heart disease, stroke, diabetes or colon cancer, then the following recommendation is provided:

Congratulations for quitting smoking. Keep it up.

- 25 Continue to avoid smoking to reduce your risk of <disease(s)> and to improve your overall health. If you think you might start smoking again, ask your health professional for help.

Physical activity screening questions can include the following questions:

- 30 1) On average, how many times per week do you participate in physical activity such as running, golf, gardening, exercise classes, bicycling, swimming, walking, mowing the lawn, or dancing?

_____ Never

_____ Less than once a week

_____ 1 to 2 times a week

_____ 3 to 4 times a week

35

_____ 5 or more times a week

- 2) On average, how long do you do these activities each time?

_____ less than 10 minutes

_____ 10 to 19 minutes

- _____ 20 to 29 minutes
- _____ 30 to 39 minutes
- _____ 40 or more minutes

5 The following risk scenarios can occur based on familial risk for disease and the response to the above questions:

Risk Scenario 1.

10 If a subject does not participate in physical activity at least 3 times a week and at least 20 minutes each time, and has weak familial risk for coronary heart disease, stroke, diabetes, colon cancer and breast cancer, and any familial risk for ovarian cancer, then the following recommendation is provided:

 Increase your physical activity. This may improve your health and reduce your risk of cardiovascular disease, diabetes, cancer, and other health problems.

15 The ideal level of activity is at least 30 minutes of moderate activity on five or more days a week, or at least 20 minutes of vigorous activity on three or more days a week. If you need help getting more physical activity, ask your health professional for ideas or a referral.

Risk Scenario 2.

20 If a subject does not participate in physical activity at least 3 times a week and at least 20 minutes each time, and has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke, diabetes, colon cancer or breast cancer and has no personal history of coronary heart disease, stroke, diabetes, colon cancer and breast cancer, then the following recommendation is provided:

 Increase your physical activity. This may reduce your risk of <disease(s)> and improve your overall health.

25 The ideal level of activity is at least 30 minutes of moderate activity on five or more days a week, or at least 20 minutes of vigorous activity on three or more days a week. If you need help getting more physical activity, ask your health professional for ideas or a referral.

Risk Scenario 3.

30 If a subject does participate in physical activity at least 3 times a week and for at least 20 minutes each time, and has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke, diabetes, colon cancer or breast cancer and no personal history of coronary heart disease, stroke, diabetes, colon cancer or breast cancer, then the following recommended is provided:

 Keep getting regular physical activity. This may reduce your risk of <disease(s)> and improve your overall health.

35 The ideal level of activity is at least 30 minutes of moderate activity on five or more days a week, or at least 20 minutes of vigorous activity on three or more days a week. If you need help getting more physical activity, ask your health professional for ideas or a referral.

The following definitions of physical activity can also be provided with any recommendation provided:

Moderate physical activity – This level of activity generally refers to the level of effort that a healthy person might expend while walking briskly, mowing the lawn, dancing, swimming, or bicycling on a flat surface, for example. A person doing moderate physical activity will feel some exertion, but they will still be able to talk comfortably.

Vigorous physical activity - This level of activity generally refers to the level of effort that a healthy person might expend while jogging, mowing the lawn with a non-motorized push mower, chopping wood, swimming continuous laps, or bicycling uphill, for example. A person doing vigorous physical activity will feel physically challenged and their heart rate and breathing will increase significantly.

Dietary (e.g., 5-A-Day) screening questions can include the following questions:

1) On average, how many servings of fruits and vegetables do you eat each day? One serving is 1 medium piece of fruit, 1/2 cup fruit or vegetables (raw, cooked, canned, or frozen), 1 cup of leafy salad greens, 1/4 cup of dried fruit, 3/4 cup or 6 ounces of 100% juice, 1/2 cup cooked peas or beans.

- _____ None
- _____ 1 to 2 a day
- _____ 3 to 4 a day
- _____ 5 to 6 a day
- _____ 7 to 8 a day
- _____ 8 to 9 a day
- _____ 10 or more a day

The following risk scenarios can occur based on familial risk for disease and the response to the above question:

Risk Scenario 1.

If a subject eats less than 5 servings of fruits and vegetables per day and has weak familial risk for coronary heart disease, stroke, colon cancer and breast cancer, and any level of familial risk for diabetes and ovarian cancer, the following recommendation is provided:

Increase your daily intake of fruits and vegetables. This may improve your overall health and reduce your risk for cardiovascular disease and certain cancers.

Experts recommend eating 5 to 9 servings of fruits and vegetables a day. Try to eat a variety of different colored fruits and vegetables daily, especially darker green and yellow/orange choices. Fresh, frozen, chilled, canned, dried, and 100% fruit and vegetables juice all count. But limit or avoid fruits or vegetables that are high in added fat, sugar or salt. If you need help adding more fruits and vegetables to your diet, ask your health professional for ideas or a referral.

Risk Scenario 2.

If a subject eats less than 5 servings of fruits and vegetables per day and has moderate or

high (e.g., strong) familial risk for coronary heart disease, stroke, colon cancer or breast cancer and no personal history of coronary heart disease, stroke, colon cancer and breast cancer, then the following recommendation is provided:

5 Increase your daily intake of fruits and vegetables. This may reduce your risk of
<disease(s)> and improve your overall health.

 Experts recommend eating 5 to 9 servings of fruits and vegetables a day. Try to eat a variety of different colored fruits and vegetables daily, especially darker green and yellow/orange choices. Fresh, frozen, chilled, canned, dried, and 100% fruit and vegetables juice all count. But limit or avoid fruits or vegetables that are high in added fat, sugar or salt. If you need help adding more fruits and
10 vegetables to your diet, ask your health professional for ideas or a referral.

Risk Scenario 3.

 If a subject eats more than 5 servings of fruits and vegetables per day and has moderate or high familial risk for coronary heart disease, stroke, colon cancer or breast cancer and has no personal history of coronary heart disease, stroke, colon cancer and breast cancer, then the following
15 recommendation is provided:

 Continue to eat 5 to 9 servings of fruits and vegetables a day. This may reduce your risk of
<disease(s)> and improve your overall health.

 Experts recommend eating 5 to 9 servings of fruits and vegetables a day. Try to eat a variety of different colored fruits and vegetables daily, especially darker green and yellow/orange choices.
20 Fresh, frozen, chilled, canned, dried, and 100% fruit and vegetables juice all count. But limit or avoid fruits or vegetables that are high in added fat, sugar or salt. If you need help adding more fruits and vegetables to your diet, ask your health professional for ideas or a referral.

 Alcohol screening questions can include the following question:

1) During the past month, did you drink one or more alcoholic beverages?
25 A standard drink is one 12-ounce bottle or can of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces (one shot) of 80-proof distilled spirits.

 ___ Yes

 ___ No

 ___ Don't know/Not sure

30 The following risk scenarios can occur based on familial risk for disease and the response to the above question:

Risk Scenario 1.

 If a subject drinks alcoholic beverages or don't know/not sure and is a female who has weak familial risk for colon cancer and breast cancer, and any level of risk for coronary heart disease,
35 stroke, diabetes and ovarian cancer, and user drinks alcoholic beverages, then the following recommendation is provided:

 Limit your alcohol intake to no more than one drink a day.

 Don't drink while you are pregnant. or if you are trying to become pregnant, because alcohol

may harm the development of your fetus. Don't drink any alcohol if you have a history of alcoholism or are taking medications that may interact with alcohol. Talk to your health professional if you have questions about alcohol and how it affects your health, or if you have trouble limiting your alcohol intake.

5 Risk Scenario 2.

If a subject drinks alcoholic beverages and is a female who has moderate or high (e.g., strong) familial risk for colon cancer or breast cancer and no personal history of colon cancer and breast cancer, and user drinks alcoholic beverages, then the following recommendation is provided:

10 Limit your alcohol intake to no more than one drink a day. This may reduce your risk of getting <breast cancer and/or colon cancer>.

Don't drink while you are pregnant, or if you are trying to become pregnant, because alcohol may harm the development of your fetus. Don't drink any alcohol if you have a history of alcoholism or are taking medications that may interact with alcohol. Talk to your health professional if you have questions about alcohol and how it affects your health, or if you have trouble limiting your alcohol intake.

15 Risk Scenario 3.

If a subject drinks alcoholic beverages, and is a male who has moderate familial risk for colon cancer, or any level of risk for coronary heart disease, stroke, diabetes, breast cancer or ovarian cancer, and user drinks alcoholic beverages, then the following recommendation is provided:

20 Limit your alcohol intake to no more than one or two drinks a day.

Don't drink any alcohol if you have a history of alcoholism or are taking medications that may interact with alcohol. Talk to your health professional if you have questions about alcohol and how it affects your health, or if you have trouble limiting your alcohol intake.

Risk Scenario 4.

25 If a subject drinks alcoholic beverages, and is a male who has moderate or high (e.g., strong) familial risk for colon cancer and no personal history of colon cancer and breast cancer, then the following recommendation is provided:

Limit your alcohol intake to no more than one or two drinks a day. This may reduce your risk of getting colon cancer.

30 Don't drink any alcohol if you have a history of alcoholism or are taking medications that may interact with alcohol. Talk to your health professional if you have questions about alcohol and how it affects your health, or if you have trouble limiting your alcohol intake.

Aspirin screening questions can include the following question:

35 1) On average, how many days per week do you currently take aspirin?.

Do not include other pain relief medication.

___ None

___ 1 day

- _____ 2 days
 _____ 3 days
 _____ 4 days
 _____ 5 days
 5 _____ 6 days
 _____ 7 days

The following risk scenarios can occur based on familial risk for disease and the response to the above question:

Risk Scenario 1.

- 10 If a subject does not use aspirin 3 or more days a week, and has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke or colon cancer, and has no personal history of coronary heart disease, stroke, diabetes and colon cancer, then the following recommendation is provided:

Talk to your health professional about the benefits and risk of aspirin.

- 15 Aspirin use may reduce your risk of <disease(s)>. However, aspirin use may have risks such as bruising more easily and bleeding from the gastrointestinal tract. If you are allergic to aspirin, you should not take it. Talk to your health professional about the possible benefits and risks of aspirin therapy. If you are taking other medications, ask your health professional if there are any harmful interactions with aspirin.

- 20 Risk Scenario 2.

If a subject uses aspirin at least 3 days a week, and has moderate or high (e.g., strong) familial risk for coronary heart disease, stroke or colon cancer and no personal history of coronary heart disease, then the following recommendation is provided:

- 25 If you have not already, talk to your health professional about the benefits and risk of aspirin therapy.

- Aspirin therapy may reduce your risk of <disease(s)>. However, aspirin use may have risks such as bruising more easily and bleeding from the gastrointestinal tract. If you are allergic to aspirin, you should not take it. Talk to your health professional about the possible benefits and risks of aspirin therapy. If you are taking other medications, ask your health professional if there are any harmful interactions with aspirin.
- 30

Example 37 - Exemplary Implementation of a Computer-Implemented Method for Both Determining the Familial Risk of One or More Disease of Interest and Determining a Disease Prevention Plan for a Subject

- 35 FIGS. 38-58 are screen shots from an exemplary implementation of a computer-implemented method (e.g., an Internet based interactive method) for both determining the familial risk of one or more diseases of interest in a subject and determining a disease prevention plan for a subject. Such a technique can be used to collect and present information for use in any of the examples, herein. In

practice, any one or more of the screen shots can be omitted, resulting in an abbreviated version of the exemplary implementation.

FIG. 37 is a screen shot 3700 of an opening page of the computer-implemented method. New users (e.g., subjects) can begin a new profile (e.g. health record), returning users can login to their password protected user profile. Additional background and informational materials are accessible via the opening page.

FIG. 38 is a screen shot 3800 of a page of the computer-implemented method for setting a user name and password in the creation of a new health record for a subject.

FIG. 39 is a screen shot 3900 of a personal information page of the computer-implemented method for inputting (e.g., collecting) personal information about the subject. For example, name, date of birth, gender, adoption status, ethnicity, and the like can be collected.

FIG. 40 is a screen shot 4000 of a personal health history page of the computer-implemented method for inputting (e.g., collecting) personal health history information about the subject. For example, height, weight and disease status of common chronic diseases (e.g., coronary heart disease, stroke, diabetes, colon cancer, breast cancer, and ovarian cancer) can be collected.

FIG. 41 is a screen shot 4100 of a personal health behaviors page of the computer-implemented method for inputting (e.g., collecting) personal health behavior information about the subject. For example, smoking status, physical activity regularity, dietary information, and the like can be collected.

FIG. 42 is a screen shot 4200 of a screening test page of the computer-implemented method for inputting (e.g., collecting) personal health history information about the subject. For example, information about screening exams include information about clinical breast exams, mammograms, fecal occult blood tests, sigmoidoscopies, colonoscopies, blood cholesterol tests, blood pressure tests, and blood sugar tests.

FIG. 43. is a screen shot 4300 of a page of the computer-implemented method for changing the user name and password for accessing a health record for a subject.

FIG. 44 is a screen shot 4400 of a family tree creation test page of the computer-implement method for inputting (e.g., collecting) family health history information for the subject's relatives. For example, the number of first and second degree relatives can be collected.

FIG. 45 is a screen shot 4500 of a family member page of the computer-implemented method for inputting (e.g., collecting) family health history information for a selected family member. For example, information about whether or not the selected family member ever had one or more disease of interest (e.g., coronary heart disease, stroke, diabetes, colon cancer, breast cancer, and/or ovarian cancer) is collected.

FIG. 46 is a screen shot 4600 showing an exemplary example of information input in the family history page of FIG. 45. For example, the options related to whether or not the selected family member (e.g., My Mother, "Paula") ever had coronary heart disease is shown as part of a drop-down selection tool with the option, "Yes," and Age at first diagnosis at "20 to 24" selected.

FIG. 47 is a screen shot 4700 showing an exemplary example of a completed information input page for the selected family member of FIG. 46. In, practice, "Yes," "No," or "Don't Know" can be selected for any of the diseases, with an age at first diagnosis if "Yes" is selected.

5 FIG. 48 is a screen shot 4800 showing an exemplary example of the computer-implemented method for inputting (e.g., collecting) family health history information for another family member by adding the family member to the family health history records.

FIG. 49 is as screen shot 4900 showing an exemplary example of information input in the family health history profile of FIG. 48. For example, information about the new family member "Ed" or "my Father's Brother," (i.e. the subject's uncle) can be input.

10 FIG. 50 is a screen shot 5000 showing an exemplary example of a confirmation pop-up warning confirming the desire to delete a relative's family health history profile from the health records.

FIG. 51 is a screen shot 5100 showing an exemplary example of a glossary pop-up information guide accessible via a link of the selected disease of interest on the input page. For example, stroke was selected to access more information about stroke to help a user learn about the disease prior to inputting information about whether a relative had the selected disease or not.

FIG. 52 is a screen shot 5200 showing an exemplary example of a welcome back page that allows the subject or user the opportunity to review, edit, update or delete information in the health records. For example, such a page can be useful for allowing the continuous updating and use of the technology.

FIG. 53 is a screen shot 5300 showing an exemplary example of a report home page after the familial risk assessor has completed its assessment of risk and developed a personalized disease prevention plan.

FIG. 54 is a screen shot 5400 showing an exemplary pedigree display (e.g., a family tree picture) page showing family disease history for a subject based on familial health records. In the example, an indication (e.g., legend) can be included to indicate that circles represent females and squares represent males.

FIG. 55 is a screen shot 5500 showing an exemplary familial risk assessment page for disease based on family health history. In the example, a risk assessment category (e.g., strong, medium, or weak) is displayed as a metric for the diseases.

FIG. 56 is a screen shot 5600 showing the familial risk assessment page (e.g., similar to that of FIG. 55) with a pop-up familial risk clarifier further clarifying and indicating the risk assessment categories assigned.

FIG. 57 is a screen shot 5700 showing a disease prevention plan page specific to a disease of interest (e.g., coronary heart disease) based on familial health risk assessment and personal health history. In the example, recommendations are included. For example, screening tests and health behavior modifications can be recommended based on familial health risk assessment and personal health history.

FIG. 58 is a screen shot 5800 showing a popup window that expounds upon a phrase (e.g., “continue cholesterol testing”) when a hyperlink in the plan for the phrase is activated (e.g., clicked on).

5

Example 38 - Another Exemplary Implementation of a Computer-Implemented Method for Both Determining the Familial Risk of One or More Disease of Interest and Determining a Disease Prevention Plan for a Subject

An exemplary personalized disease prevention plan from an another exemplary implementation of a computer-implemented method (e.g., an Internet based interactive method) for both determining the familial risk of one or more diseases of interest in a subject and determining a disease prevention plan for a subject are shown below for a test case anonymously named “Two, Case.”. Such a technique can be used to collect and present information for use in any of the examples, herein.

The plan can be displayed as pages in a web browser or printed out for later use. The underlined phrases shown therein can serve as hyperlinks to other places in the plan (e.g., to a location in the plan that expounds upon the underlined phrase). The underlined phrases shown therein can alternatively serve as hyperlinks to external web pages.

Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006

Thank you for using Family Healthware. Remember these important points:

- **Know your family history.** It's one of the most important risk factors for the six diseases in this tool.
- **Understand that many factors influence your risk.** A weak family history does not mean you won't get disease. And, a strong family history does not mean you will get disease. Other factors including your lifestyle, overall health and environment can influence your risk.
- **Talk to your health professional about your report.** He or she is the best person to review the findings and discuss how to improve your health and reduce your risk for disease.
- **Discuss family history with your family.** Your family history is shared by your family members. What you learned may help them.
- **Keep family history accurate and up to date.** Try to confirm your family history, as the accuracy affects your risk rating. Update your family history every 1 to 2 years, and if you learn about changes.

<new page>

Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006

The impact of your family history on Coronary Heart Disease risk is: STRONG

Why your family history is a risk factor:

- Three or more closely related family members with coronary heart disease.

5

The following can help reduce your overall risk:

Screening Tests

- Continue testing your blood sugar.
- Continue to check your blood pressure.
- Continue cholesterol testing.

10

Lifestyle Changes

- Maintain a healthy weight.
- Increase your physical activity.
- Increase your daily intake of fruits and vegetables.
- Talk to your health professional about the benefits and risks of aspirin therapy.

15

Additional Risk Assessment

- Your health professional may suggest additional steps to assess your risk, which might include specialized tests, a genetic evaluation, or genetic testing.

20

<new page>

Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006

25

The impact of your family history on Stroke risk is: WEAK

Although your family history risk is weak, there are other factors that can affect your risk of disease.

The following can help reduce your overall risk:

30

Screening Tests

- Continue to check your blood pressure.
- Continue cholesterol testing.

35

Lifestyle Changes

- Increase your physical activity.

- Increase your daily intake of fruits and vegetables.

<new page>

5 Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006

The impact of your family history on Diabetes risk is: WEAK

Although your family history risk is weak, there are other factors that can affect your risk of disease.

10 **The following can help reduce your overall risk:**

Screening Tests

- Based on your responses, you are following the recommendations for available screening tests for this disease. However, talk with your health professional about screening tests that may be appropriate in the future, and when and how often you should be screened.

Lifestyle Changes

- Increase your physical activity.

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Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006

The impact of your family history on Colon Cancer risk is: MODERATE

25 **Why your family history is a risk factor:**

- A family member with colon cancer.

The following can help reduce your overall risk:

30 **Screening Tests**

- Schedule a colon cancer screening test today.

Lifestyle Changes

- Maintain a healthy weight.
- Increase your physical activity.
- Increase your daily intake of fruits and vegetables.
- Experts recommend no more than 1 drink per day for women.

- Talk to your health professional about the benefits and risks of aspirin therapy.

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5 **Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006**

The impact of your family history on Breast Cancer risk is: MODERATE

Why your family history is a risk factor:

- A family member with breast cancer at a later age.

10 **The following can help reduce your overall risk:**

Screening Tests

- Continue breast cancer screening.

15 **Lifestyle Changes**

- Maintain a healthy weight.
- Increase your physical activity.
- Increase your daily intake of fruits and vegetables.
- Experts recommend no more than 1 drink per day for women.

20

Additional Risk Assessment

- While your family history is a moderate risk factor for breast cancer, other factors can influence your risk. These include the age when you began menstruation, number of full-term pregnancies before age 30, or use of hormone replacement therapy. Talk to your

25

health professional about these factors and how they might influence your risk.

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Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006

30 **The impact of your family history on Ovarian Cancer risk is: WEAK**

Although your family history risk is weak, there are other factors that can affect your risk of disease.

The following can help reduce your overall risk:

35

Screening Tests

- No recommendations

Lifestyle Changes

- No recommendations

<new page>

5

Name: Two, Case DOB: 07/06/1935 Prepared On: 1/13/2006

Screening tests that are important because of your family health history:

Cholesterol Testing

10

Continue cholesterol testing. Talk to your health professional about your family history, how it affects your risk of Coronary Heart Disease, and your options for screening and prevention. Your cholesterol testing should include a measure of your total cholesterol, low density lipoprotein (the “bad” cholesterol), high density lipoprotein (the “good” cholesterol), and triglyceride. If your cholesterol levels are high or abnormal, changing your lifestyle and/or taking medication can reduce your risk of coronary heart disease and stroke. Due to your increased risk, you may need to test for other cardiovascular. Ask your health professional how often you should test your cholesterol. This will depend on your cholesterol levels, other risk factors, and if you already are being treated for cholesterol problems.

15

Blood Glucose Testing

20

Continue testing your blood sugar. You may benefit from testing because of your family history. Talk to your health professional about your blood sugar and how it affects your risk of Coronary Heart Disease. Elevated blood sugar is a sign of diabetes, and it can increase your risk of coronary heart disease and stroke. If you have elevated blood sugar, you can lower it by changing your lifestyle and/or taking medication. In addition, your health professional may closely monitor and manage other cardiovascular like blood pressure and cholesterol. These steps may reduce your risk of coronary heart disease and stroke. Ask your health professional about scheduling a blood sugar test.

25

Blood Pressure Testing

30

Continue to check your blood pressure. Talk to your health professional about your family history, how it affects your risk of Coronary Heart Disease, and your options for screening and prevention. If your blood pressure is high, changing your lifestyle and/or taking medication can lower your blood pressure and reduce your risk of coronary heart disease and stroke. Ask your health professional how often you should check your blood pressure. This will depend on your blood pressure levels, other health problems, and if you already are being treated for high blood pressure.

35

Breast Cancer Testing

Continue **breast cancer** screening. Talk to your **health professional** about your **family history**, how it affects your breast cancer risk, and your options for screening and prevention. **Mammograms** and **clinical breast exams** are screening tests that can help detect **breast cancer** early, when it is most treatable. Due to your **family history**, other **screening tests** or prevention options may be helpful. Talk to your **health professional** about your risk of breast cancer, the best tests for you, and how often you should be screened.

Colon Cancer Testing

Schedule a **colon cancer** **colon cancer** today. Talk to your **health professional** about your **family history**, how it affects your colon cancer risk, and your options for screening and prevention. **Colon cancer** screening can help find colon cancer early, when it is most treatable. It also can detect **polyp** (small growths), which can be removed to prevent colon cancer. **Colon cancer screening tests** include: a **home stool test kit**, **sigmoidoscopy**, **double-contrast barium enema**, and/or **colonoscopy**. Usually, a home stool test is done every year, sigmoidoscopy at least every 5 years, double-contrast barium enema at least every 5 years, and colonoscopy at least every 10 years. These tests can be done alone or in combination and are usually recommended for people aged 50 and older. Talk to your **health professional** about your risk of colon cancer, the tests that are best for you, and how often you should be screened.

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Name: Two, Case **DOB: 07/06/1935** **Prepared On: 1/13/2006**

Lifestyle changes that are important because of your family health history:

Physical Activity

Increase your physical activity. This may reduce your risk of **Coronary Heart Disease**, **Colon Cancer** and **Breast Cancer** and improve your overall health. The ideal level of activity is at least 30 minutes of **moderate activity** on five or more days a week, or at least 20 minutes of **vigorous activity** on three or more days a week. If you need help getting more physical activity, ask your **health professional** for ideas or a referral.

Weight

Your weight is appropriate for your height. Maintaining a healthy weight may reduce your risk of **Coronary Heart Disease**, **Colon Cancer** and **Breast Cancer** and improve your overall health. Based on your height, your ideal weight ranges from 107 to 145 pounds.

Fruits and Vegetables

Increase your daily intake of fruits and vegetables. This may reduce your risk of Coronary Heart Disease, Colon Cancer and Breast Cancer and improve your overall health.

- Experts recommend eating 5 to 9 servings of fruits and vegetables a day. Try to eat a variety of different colored fruits and vegetables daily, especially darker green and yellow/orange choices. Fresh, frozen, chilled, canned, dried, and 100% fruit and vegetables juice all count. But limit or avoid fruits or vegetables that are high in added fat, sugar or salt. If you need help adding more fruits and vegetables to your diet, ask your health professional for ideas or a referral.

10 **Aspirin**

Taking aspirin on a regular basis may reduce your risk of Coronary Heart Disease and Colon Cancer. Talk to your health professional about whether aspirin therapy is right for you.

- Aspirin use may reduce your risk of certain diseases, including coronary heart disease, stroke, and colon cancer. However, aspirin use may have risks such as bruising more easily and bleeding from the gastrointestinal tract. If you are allergic to aspirin, you should not take it. Talk to your health professional about the possible benefits and risks of aspirin therapy. If you are taking other medications, ask if there are any harmful interactions with aspirin.

20 **Alcohol**

Limit your alcohol intake to no more than one drink a day. This may reduce your risk of getting Colon Cancer and Breast Cancer. Don't drink any alcohol if you have a history of alcoholism or are taking medications that may interact with alcohol. Don't drink while you are pregnant, or if you are trying to become pregnant, because alcohol may harm the development of your fetus. Talk to your health professional if you have questions about alcohol and how it affects your health, or if you have trouble limiting your alcohol intake.

Example 39 - Exemplary Disease Prevention Plan

- In any of the examples herein, an electronic or paper-based report based on familial disease risk, and/or personal health information, and/or personal behavior information and/or the like can be a disease prevention plan. Such reports can include familial disease risk, familial risk clarifiers, and recommendations for screening tests, behavioral changes, and the like. Further, such reports can include pedigree analysis (e.g., family tree pictures and the like). Although particular disease prevention plans are shown in some examples, other disease prevention plans and formats can be used.

35

Example 40 - Exemplary Advantages and Applications of Technologies

While family history is a risk factor for most chronic diseases of public health significance, it is underutilized in the practice of preventive medicine and public health for assessing disease risk and

influencing early detection and prevention strategies. Geneticists have long recognized the value of family history for discovering inherited disorders, usually the result of single gene mutations.

Although single gene disorders are typically associated with a large magnitude of risk, they account for only a small proportion of individuals with a genetic risk for common, chronic diseases. Most of the genetic susceptibility to these disorders is the result of multiple genes interacting with multiple environmental factors. Family history therefore, is more than genetics; it reflects the consequences of inherited genetic susceptibilities, shared environment, shared cultures and common behaviors. All of these factors are important when estimating disease risk.

It is well known that people who have close relatives with certain diseases such as heart disease, diabetes, and cancers, are more likely to develop those diseases themselves. Studies suggest that having a first-degree relative with a chronic disease can at least double a person's risk of developing the same or a related disease. This risk generally increases with an increasing number of affected relatives, especially if their disease was diagnosed at an early age. Physicians usually collect information about a patient's family history, but often do not discuss, revisit or update it over time. Thus, they may miss opportunities to offer specific prevention recommendations for diseases that run in the family. Family medical history represents a "genomic tool" that can capture the interactions of genetic susceptibility, shared environment, and common behaviors in relation to disease risk. Determining risk of diseases for individuals based on family medical history can lead to lifestyle changes and preventive treatment, potentially saving lives and the need for intensive and expensive care treatments.

Healthcare information and resources are widely available to medical providers and patients via electronic and printed resources. Unfortunately, many informational sources provide only broad, generalized information. Preventive medicine should provide patients with feedback regarding individualized risk analysis and disease prevention information that is applicable to their own personalized health history, while also being simple and easy to use and interpret. Currently there is no standardized way to collect or interpret family health history data. Existing tools are usually paper-based, time-consuming for the patient, and difficult to interpret for the health care professional. Knowledge of increased risk for chronic diseases due to family history can influence the clinical management and prevention of a disease. Prevention strategies can include targeting lifestyle changes such as diet, exercise, and smoking cessation; screening at earlier ages, more frequently, and with more intensive methods than might be used for average risk individuals; use of chemoprevention such as aspirin; and referral to a specialist for assessment of genetic risk factors. Systems and methods for collecting information about a patient's family health history, determining risk analysis of disease based on personal and family health history, and providing a personalized disease prevention plan can influence the clinical management and prevention of disease.

Example 41 - More Exemplary Advantages and Applications of Technologies

Familial risk assessment and disease plan prevention technologies can play a major role in

preventive medicine by allowing primary care providers the ability to review their patients' family histories and make recommendations for early detection or intervention strategies and counseling on lifestyles. Similarly, patients have the ability to maintain and update their family history records at home and can discuss the implications with their providers during visits. The technology can be used
5 on a standalone computer system or via networked computers via local networks and/or the Internet. Similarly, the technology can be integrated within electronic medical records or information systems allowing for increased data access and interchange. Such applications and technology also lend themselves to personalized medicine, home-based health management, as well as increasing the opportunities for evidence-based medicine to be integrated into medical practice on a daily basis.

10

Example 42 - Exemplary Computer System for Conducting Analysis

FIG. 59 and the following discussion provide a brief, general description of a suitable computing environment for the software (for example, computer programs) described above. The methods described above can be implemented in computer-executable instructions (for example,
15 organized in program modules). The program modules can include the routines, programs, objects, components, and data structures that perform the tasks and implement the data types for implementing the techniques described above.

While FIG. 59 shows a typical configuration of a desktop computer, the technologies may be implemented in other computer system configurations, including multiprocessor systems,
20 microprocessor-based or programmable consumer electronics, minicomputers, mainframe computers, and the like. The technologies may also be used in distributed computing environments where tasks are performed in parallel by processing devices to enhance performance. For example, tasks can be performed simultaneously on multiple computers, multiple processors in a single computer, or both. In a distributed computing environment, program modules may be located in both local and remote
25 memory storage devices. For example, code can be stored on a local machine/server for access through the Internet, whereby data from assays can be uploaded and processed by the local machine/server and the results provided for printing and/or downloading.

The computer system shown in FIG. 59 is suitable for implementing the technologies described herein and includes a computer 5920, with a processing unit 5921, a system memory 5922,
30 and a system bus 5923 that interconnects various system components, including the system memory to the processing unit 5921. The system bus may comprise any of several types of bus structures including a memory bus or memory controller, a peripheral bus, and a local bus using a bus architecture. The system memory includes read only memory (ROM) 5924 and random access memory (RAM) 5925. A nonvolatile system (for example, BIOS) can be stored in ROM 5924 and
35 contains the basic routines for transferring information between elements within the personal computer 5920, such as during start-up. The personal computer 5920 can further include a hard disk drive 5927, a magnetic disk drive 5928, for example, to read from or write to a removable disk 5929, and an optical disk drive 5930, for example, for reading a CD-ROM disk 5931 or to read from or

write to other optical media. The hard disk drive 5927, magnetic disk drive 5928, and optical disk 5930 are connected to the system bus 5923 by a hard disk drive interface 5932, a magnetic disk drive interface 5933, and an optical drive interface 5934, respectively. The drives and their associated computer-readable media provide nonvolatile storage of data, data structures, computer-executable
5 instructions (including program code such as dynamic link libraries and executable files), and the like for the personal computer 5920. Although the description of computer-readable media above refers to a hard disk, a removable magnetic disk, and a CD, it can also include other types of media that are readable by a computer, such as magnetic cassettes, flash memory cards, DVDs, and the like.

A number of program modules may be stored in the drives and RAM 5925, including an
10 operating system 5935, one or more application programs 5936, other program modules 5937, and program data 5938. A user may enter commands and information into the personal computer 5920 through a keyboard 5940 and pointing device, such as a mouse 5942. Other input devices (not shown) may include a microphone, joystick, game pad, satellite dish, scanner, or the like. These and other input devices are often connected to the processing unit 5921 through a serial port interface
15 5946 that is coupled to the system bus, but may be connected by other interfaces, such as a parallel port, game port, or a universal serial bus (USB). A monitor 5947 or other type of display device is also connected to the system bus 5923 via an interface, such as a display controller or video adapter 5948. In addition to the monitor, personal computers typically include other peripheral output devices (not shown), such as speakers and printers.

20 The above computer system is provided merely as an example. The technologies can be implemented in a wide variety of other configurations. Further, a wide variety of approaches for collecting and analyzing family history data and personal health data are possible. For example, the data can be collected and analyzed, and the results presented on different computer systems as appropriate. In addition, various software aspects can be implemented in hardware, and vice versa.
25 Further, paper-based approaches to the technologies are possible, including, for example, purely paper-based approaches that utilize instructions for interpretation of algorithms, as well as partially paper-based approaches that utilize scanning technologies and data analysis software.

Example 43 - Exemplary Computer-Implemented Methods

30 Any of the computer-implemented methods described herein can be performed by software executed by software in an automated system (for example, a computer system). Fully-automatic (for example, without human intervention) or semi-automatic operation (for example, computer processing assisted by human intervention) can be supported. User intervention may be desired in some cases, such as to adjust parameters or consider results.

35 Such software can be stored on one or more computer-readable media comprising computer-executable instructions for performing the described actions.

For the sake of presentation, terms such as “determine,” “generate,” and “provide” are used to describe computer operations in a computing environment. These terms can be high-level

abstractions for operations performed by a computer, and need not be acts performed by a human being. The actual computer operations corresponding to these terms can vary depending on implementation.

5

Alternatives

Having illustrated and described the principles of the invention in exemplary embodiments, it should be apparent to those skilled in the art that the described examples are illustrative embodiments and can be modified in arrangement and detail without departing from such principles. Techniques from any of the examples can be incorporated into one or more of any of the other
10 examples (e.g., including the examples described in the claims).

In view of the many possible embodiments to which the principles of the invention may be applied, it should be understood that the illustrative embodiments are intended to teach these principles and are not intended to be a limitation on the scope of the invention. We therefore claim as our invention all that comes within the scope and spirit of the following claims and their equivalents.

CLAIMS

We claim:

1. A computer-implemented method of providing a personalized disease prevention plan for a subject, the method comprising:
 - receiving family health history information of the subject;
 - receiving personal health behavior information of the subject;
 - based at least on the family health history information of the subject, determining one or more metrics of familial risk for one or more diseases for the subject;
 - based at least on the one or more metrics of familial risk for the one or more diseases for the subject and the personal health behavior information of the subject, generating one or more personalized disease prevention recommendations for the subject; and
 - presenting the one or more personalized disease prevention recommendations for the subject in the personalized disease prevention plan for the subject.
2. The method of claim 1 wherein familial risk is determined as a particular risk assessment category out of three or more risk assessment categories indicative of a risk level.
3. The method of claim 2 wherein the risk assessment category for at least one of the diseases is displayed in the personalized disease prevention plan for the subject.
4. The method of claim 1 further comprising:
 - receiving personal health history information of the subject;
 - wherein the one or more personalized disease prevention recommendations for the subject are based at least on the personal health history information of the subject.
5. The method of claim 1 wherein
 - the personal health behavior information of the subject comprises information indicating whether the subject has had one or more screening tests performed; and
 - the one or more personalized disease prevention recommendations of the subject are based at least on the information indicating whether the subject has had one or more screening tests performed.
6. The method of claim 5 wherein the information indicating whether the subject has had one or more screening tests performed indicates which of the one or more screening tests the subject has had performed.
7. The method of claim 5 wherein the one or more personalized disease prevention recommendations include a textual reference to recommended screening test practices of the subject based at least on the one or more metrics of familial risk for the one or more diseases.

8. The method of claim 5 wherein the one or more personalized disease prevention recommendations include a textual reference to present screening test practices of the subject based at least on the one or more metrics of familial risk for the one or more diseases.

5 9. The method of claim 5 wherein:
the personal health behavior information of the subject comprises information indicating health-related personal practices of the subject; and
the one or more personalized disease prevention recommendations of the subject are based at least on the information indicating the health-related personal practices of the subject.

10 10. The method of claim 9 wherein:
the health-related personal practices of the subject are one or more selected from the group consisting of:
tobacco use by the subject;
15 body mass index of the subject;
level of physical activity of the subject;
diet of the subject;
alcohol use by the subject; and
aspirin use by the subject.

20 11. The method of claim 1 wherein the personalized disease prevention plan comprises a recommendation to modify health-related personal practices of the subject based at least on the one or more metrics of familial risk for one or more diseases.

25 12. The method of claim 1 wherein the generating is based at least on identifying a risk scenario in information comprising the one or more metrics of familial risk for the one or more diseases for the subject and the personal health behavior information of the subject.

30 13. The method of claim 12 wherein the identifying identifies a risk scenario based further at least on information indicating whether the subject has had one or more screening tests performed.

35 14. The method of claim 1 wherein the personalized disease prevention plan comprises a recommendation to continue health-related personal practices of the subject based at least on the one or more metrics of familial risk for one or more diseases.

15. One or more computer-readable media comprising computer-executable instructions for performing the method of claim 1.

16. A method for determining familial risk in a subject of developing a disease of interest, the method comprising:
- 5 obtaining, from the subject, information comprising:
- (i) whether any first or second degree relatives have developed the disease of interest;
- (ii) whether any first or second degree relatives have developed an indicator disease, other than the disease of interest, associated with an increased risk of
- 10 developing the disease of interest;
- obtaining for any first or second degree relative that developed the disease of interest or indicator disease information comprising:
- (i) an age of onset at which the disease of interest or indicator disease developed;
- (ii) a number of first degree relatives of the subject that developed the disease of interest or
- 15 indicator disease;
- (iii) a number of second degree relatives of the subject that developed the disease of interest or indicator disease; and
- assigning familial risk in the subject of developing the disease of interest based on:
- (i) whether any relative that developed the disease of interest or indicator disease was a first
- 20 or second degree relative;
- (ii) the age of onset of the disease of interest or indicator disease in the relative;
- (iii) the number of first degree relatives that developed the disease of interest or indicator disease; and
- (iv) the number of second degree relatives that developed the disease of interest
- 25 or indicator disease.

17. The method of claim 16, wherein assigning familial risk in the subject of developing the disease of interest comprises consulting one or more familial risk matrices.

- 30 18. The method of claim 17, wherein consulting one or more familial risk matrices comprises
- determining an intersection of two predetermined familial disease history scenarios within a familial risk matrix.

- 35 19. The method of claim 18, wherein the intersection of two predetermined familial disease history scenarios results in a categorization of familial risk as high, moderate, or low.

20. The method of claim 16, wherein the age of onset is an age range of onset.

21. The method of claim 16, wherein the disease of interest is a lineage associated disease in which lineage of the first or second degree relative is associated with different degrees of familial risk of developing the disease of interest, and assigning familial risk of developing the disease of interest comprises further assigning familial risk based on lineage of the first or second degree relative.

22. The method of claim 16, wherein the disease of interest is a gender associated disease in which gender of the first or second degree relative is associated with different degrees of familial risk of developing the disease of interest, and assigning familial risk of developing the disease of interest comprises further assigning familial risk based on gender of the first or second degree relative.

23. The method of claim 16, wherein assigning familial risk comprises categorizing risk as strong, moderate or weak.

24. The method of claim 16, wherein the disease of interest is breast cancer and the indicator disease is ovarian cancer.

25. The method of claim 22, wherein the disease of interest is breast cancer, and assigning risk based on gender of the first or second degree relative comprises assigning risk based on gender of the first or second degree relative with breast cancer.

26. The method of claim 16, wherein assigning familial risk based on the age of onset comprises assigning a higher risk if:
breast cancer or colon cancer age of onset was less than 50 years in men or women; or
stroke age of onset was less than 60 years in men or women; or
coronary hearth disease age of onset was less than 55 years in men or less than 65 years in women; or
diabetes age of onset was 20 years or greater in men or women.

27. The method of claim 16, wherein the disease of interest is ovarian cancer and the indicator disease is breast cancer, colon cancer, or both breast and colon cancer.

28. The method of claim 16, wherein the disease of interest is colon cancer and the indicator disease is ovarian cancer.

29. The method of claim 16, wherein the disease of interest is coronary heart disease, and the indicator disease is diabetes, stroke, or both diabetes and stroke.

30. The method of claim 16, wherein the disease of interest is stroke and the indicator disease is coronary heart disease, diabetes, or both coronary heart disease and diabetes.

5 31. The method of claim 16, wherein the disease of interest is adult-onset diabetes.

32. The method of claim 16, further comprising determining a disease prevention plan based on the familial risk assigned and personal health history information.

10 33. The method of claim 16, wherein the method is an interactive computer implemented method for determining the familial risk of the subject developing the disease.

34. One or more computer-readable media comprising computer-executable instructions for performing the method of claim 16.

15 35. A computer-implemented method for determining familial risk in a subject of developing one or more diseases of interest, comprising:
receiving family member health history information;
20 determining familial risk in the subject of developing one or more diseases of interest based on:
(i) whether any family member developed one or more diseases of interest or indicator diseases and was a first or second degree relative.
(ii) an age of onset of the one or more diseases of interest or indicator diseases;
25 (iii) a number of first degree relatives that developed one or more diseases of interest or indicator diseases;
(iv) a number of second degree relatives that developed one or more diseases of interest or indicator diseases; and
providing results indicating familial risk in the subject of developing one or more diseases of
30 interest.

36. The computer-implemented method of claim 35, wherein determining familial risk of developing one or more diseases comprises consulting familial risk matrices.

35 37. The computer-implement method of claim 36, wherein consulting familial risk matrices comprises determining an intersection of two predetermined familial disease history scenarios within a familial risk matrix.

38. The computer-implemented method of claim 37, wherein the intersection of two predetermined familial disease history scenarios results in a categorization of familial risk as high, moderate, or low.

5 39. The computer-implemented method of claim 35, wherein determining familial risk of developing one or more diseases comprises categorizing risk as high, moderate, or low.

10 40. The computer-implemented method of claim 35, wherein the disease of interest is a gender associated disease in which gender of the first of second degree relative is associated with different degrees of familial risk of developing the disease of interest, and determining familial risk of developing the disease of interest comprises further determining familial risk based on gender of the first or second degree relative.

15 41. The computer-implement method of claim 35, wherein the disease of interest is breast cancer, ovarian cancer, colon cancer, stroke, coronary hearth disease, or diabetes type 2 and the indicator disease is breast cancer, ovarian cancer, colon cancer, stroke, coronary heart disease, diabetes type 2, or any combination thereof.

20 42. The computer-implemented method of claim 41, wherein determining familial risk based on the age of the onset comprises assigning a higher risk if:
breast cancer or colon cancer age of onset was less than 50 years in men or women; or
stroke age of onset was less than 60 years in men or women; or
coronary hearth disease age of onset was less than 55 years in men or less than 65 years in
25 women; or
diabetes age of onset was 20 years or greater in men or women.

30 43. The computer-implemented method of claim 35, further comprising receiving personal health history information.

 44. The computer-implemented method of claim 39, further comprising providing results indicating recommendations to lower risks of developing one or more diseases of interest.

45. The computer-implemented method of claim 44, wherein providing results indicating recommendations to lower risks of developing one or more diseases of interest comprises:
providing standard public health prevention recommendations for low familial risk;
5 providing personalized prevention recommendations for moderate familial risk;
and
providing personalized prevention recommendations and referral for genetic evaluation for high familial risk.
- 10 46. The computer-implemented method of claim 44, wherein providing results indicating recommendations to lower risks of developing one or more diseases of interest comprises:
assessing familial risk determined for one or more diseases of interest;
analyzing personal health history information; and
providing personalized prevention recommendations based on the familial risk determined
15 for one or more diseases of interest and personal health history information.
47. The computer-implemented method of claim 35, further comprising providing results indicating referral for genetic evaluation.
- 20 48. A system for determining a personalized disease prevention plan for a subject, comprising:
a health history collector for obtaining from the subject health information comprising:
(i) a number of first or second degree relatives that have developed a
disease of interest;
25 (ii) a number of first or second degree relatives that have developed an indicator disease, other than the disease of interest, associated with an increased risk of developing the disease of interest;
(iii) an age of onset at which the disease of interest or indicator disease developed for any first or second degree relative that developed the disease of interest or indicator disease;
30 a familial risk assessor for assigning familial risk in the subject of developing the disease of interest based on:
(i) whether any relative that developed the disease of interest or indicator disease was a first or second degree relative;
(ii) the age of onset of the disease or indicator disease in the relative;
35 (iii) the number of first degree relatives that developed the disease of interest or indicator disease; and
(iv) the number of second degree relatives that developed the disease of interest or indicator disease; and

a personalized disease prevention plan presenter for presenting the personalized disease prevention plan based on the familial risk in the subject.

5 49. The system of claim 48, wherein health information further comprises personal health history information.

10 50. The system of claim 49, wherein assigning familial risk in the subject of developing the disease of interest is further based on the personal health history information of the subject.

15 51. The system of claim 48, wherein the personalized disease prevention plan comprises recommendations to lower risks of developing one or more diseases of interest.

15 52. The system of claim 48, wherein the personalized disease prevention plan comprises a pedigree display.

FIG. 1A

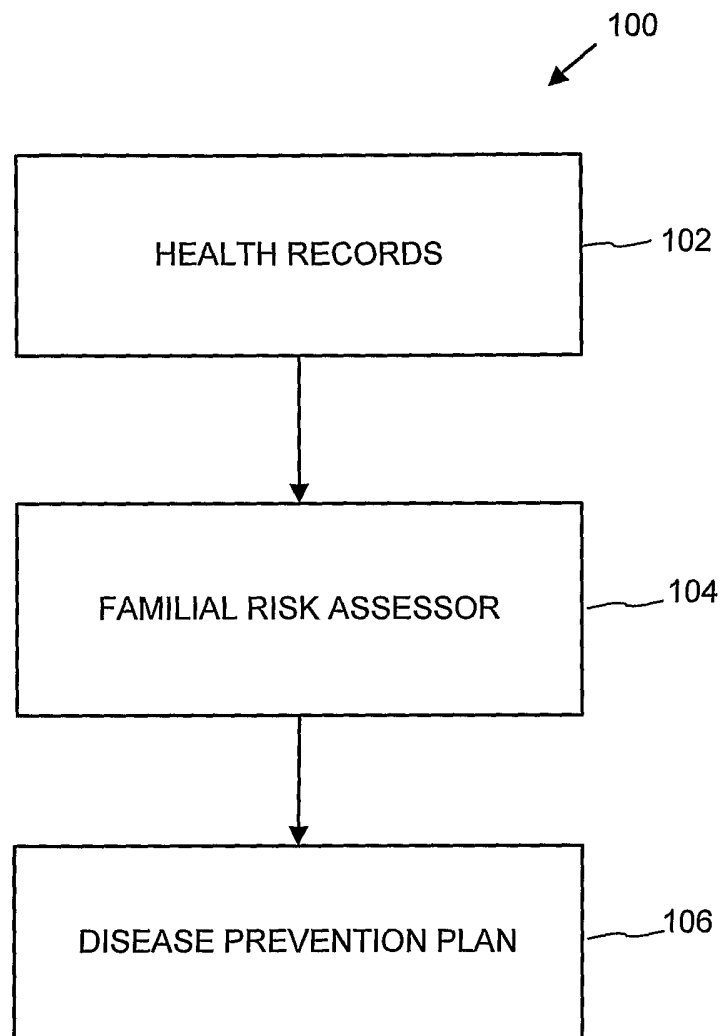


FIG. 1B

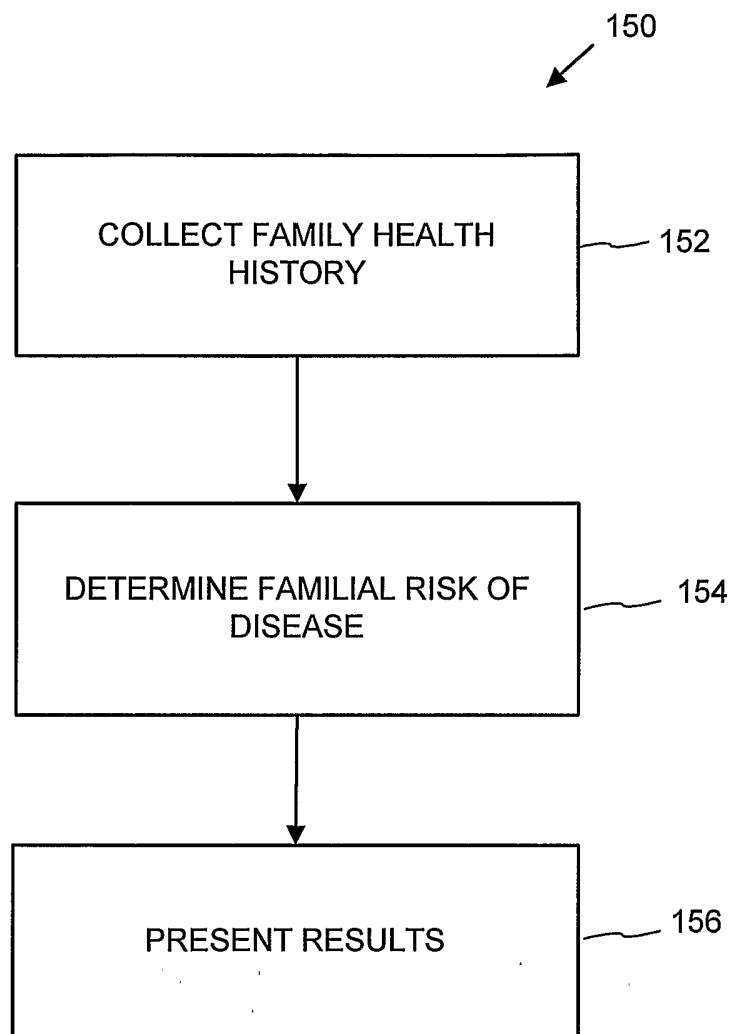


FIG. 2A

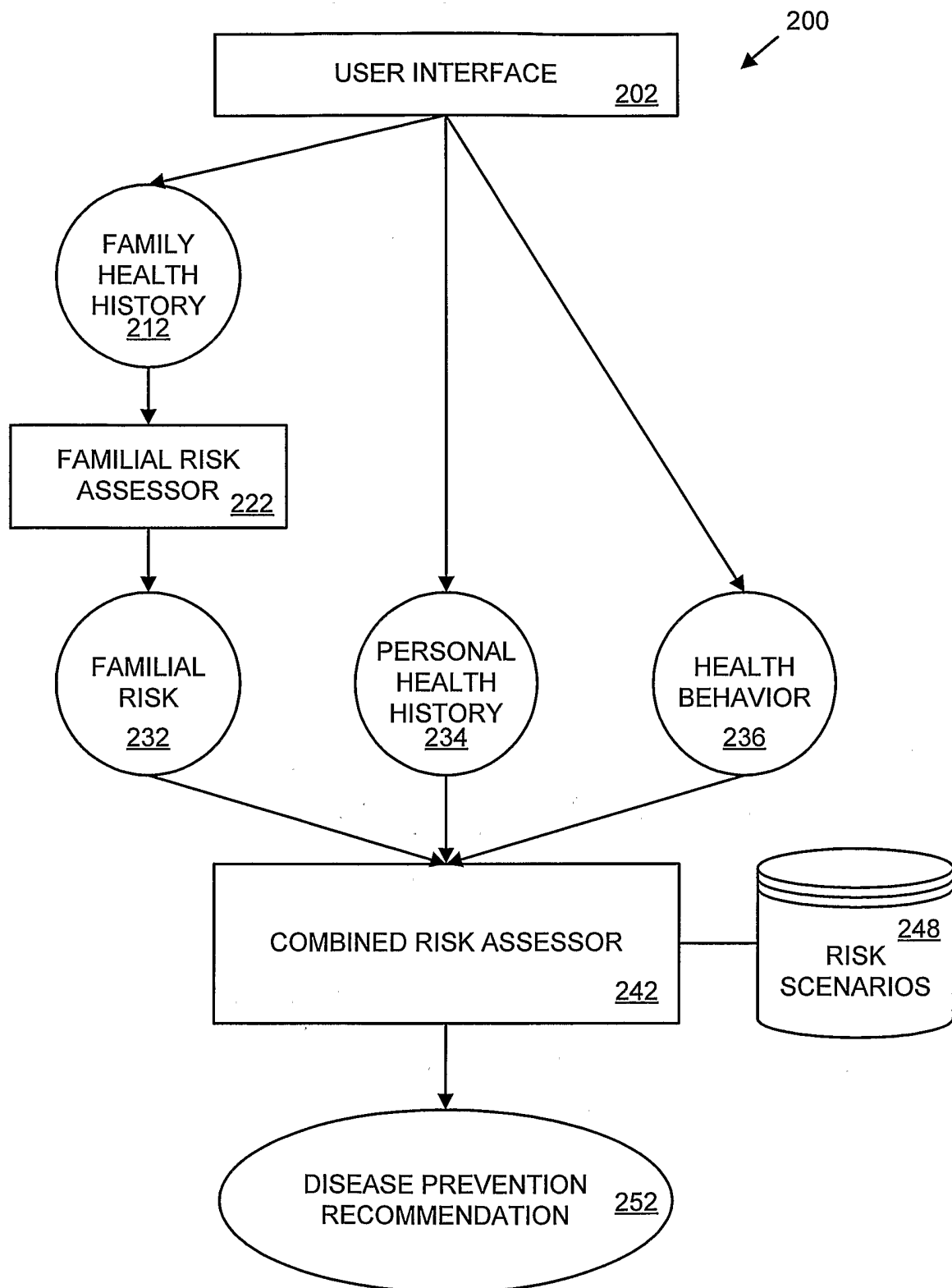


FIG. 2B

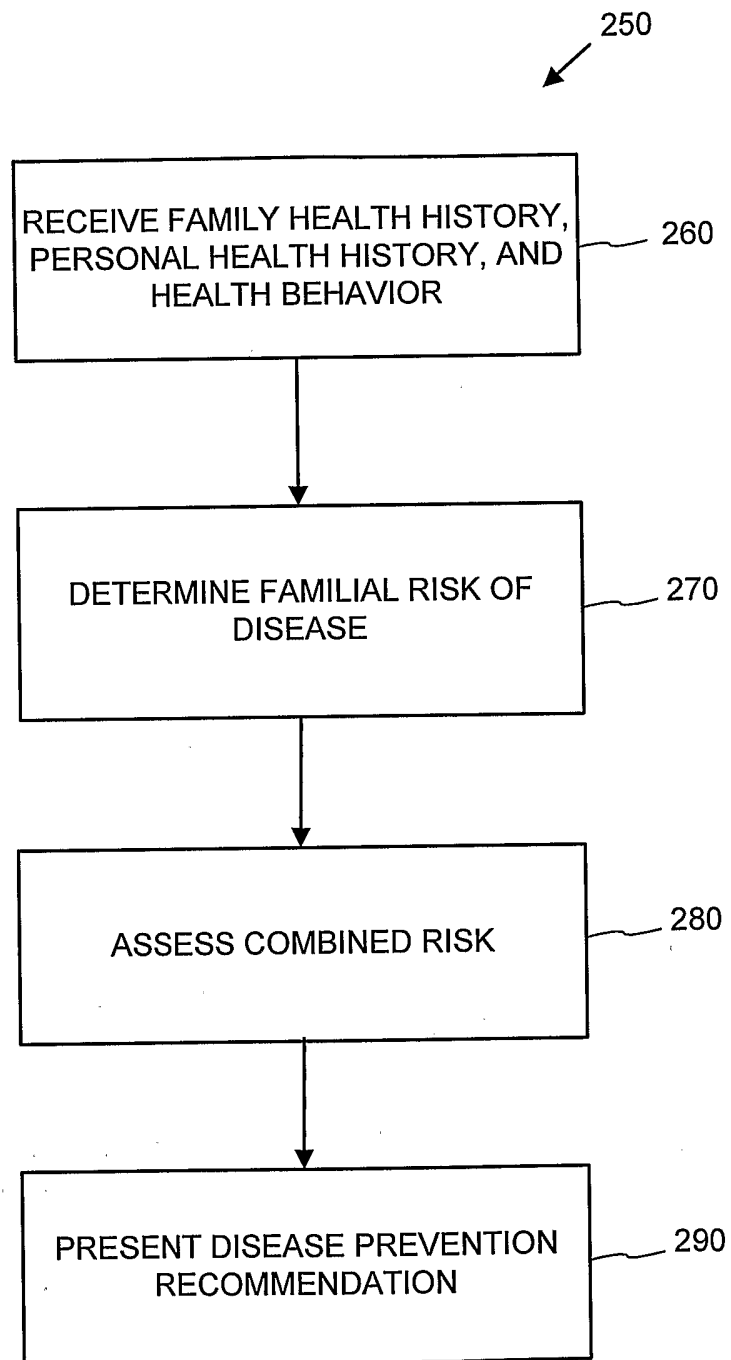


FIG. 3

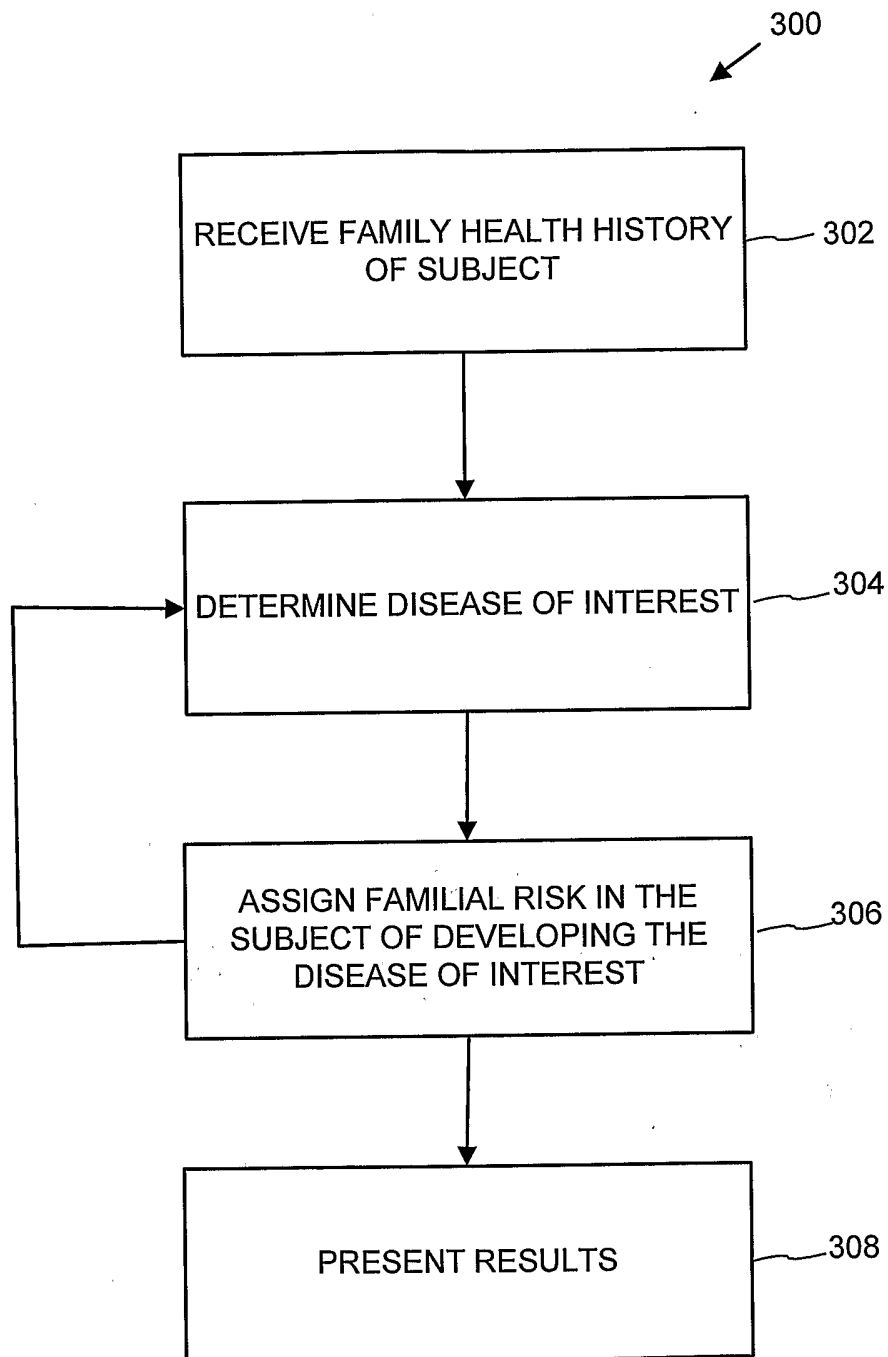


FIG. 4

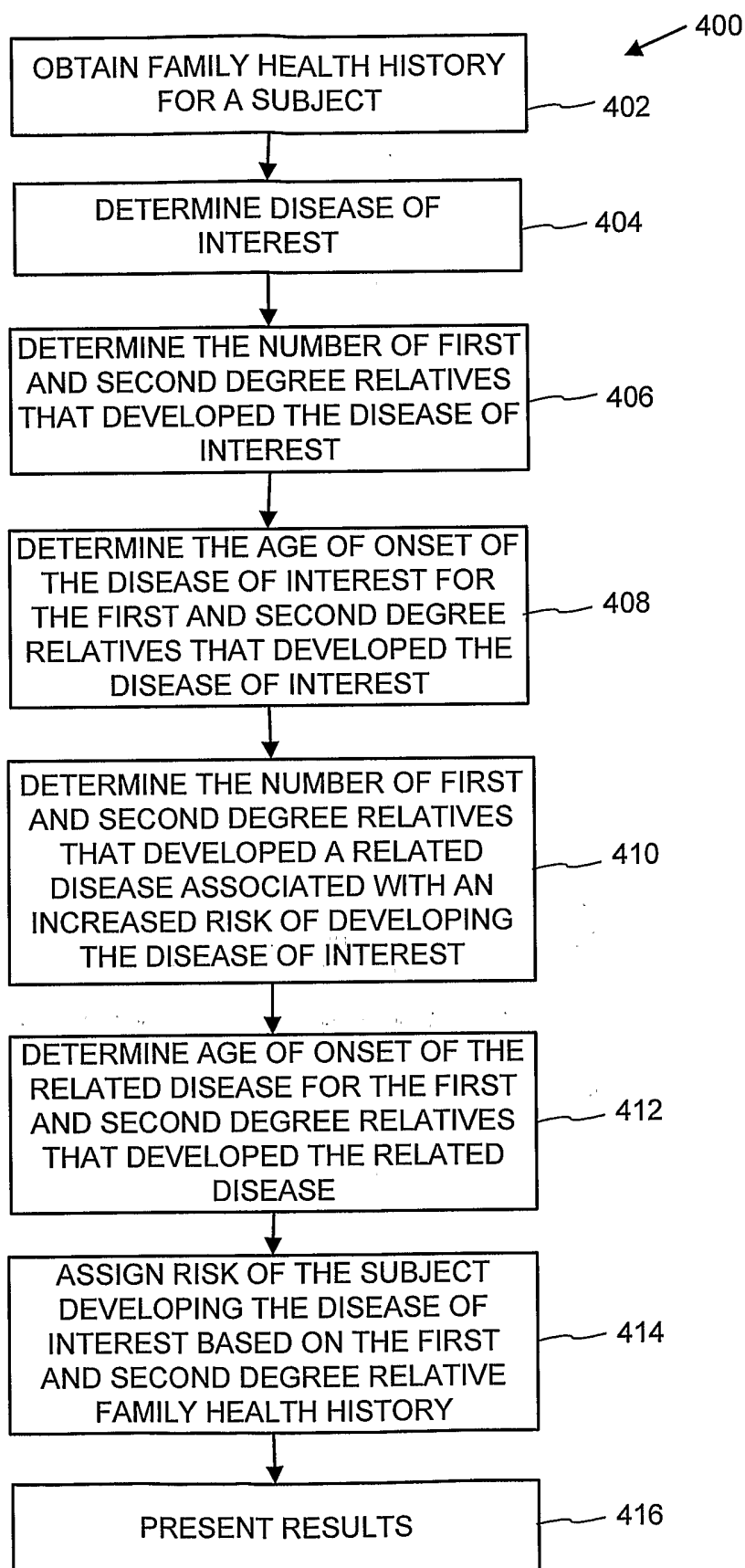


FIG. 5

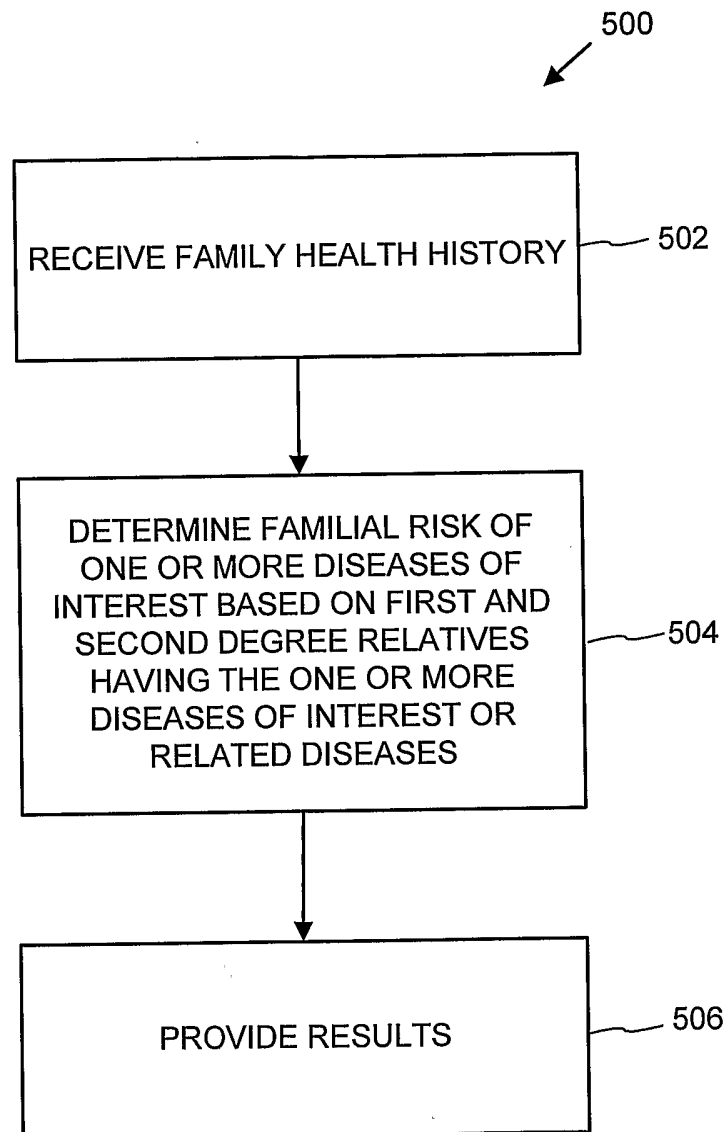


FIG. 6

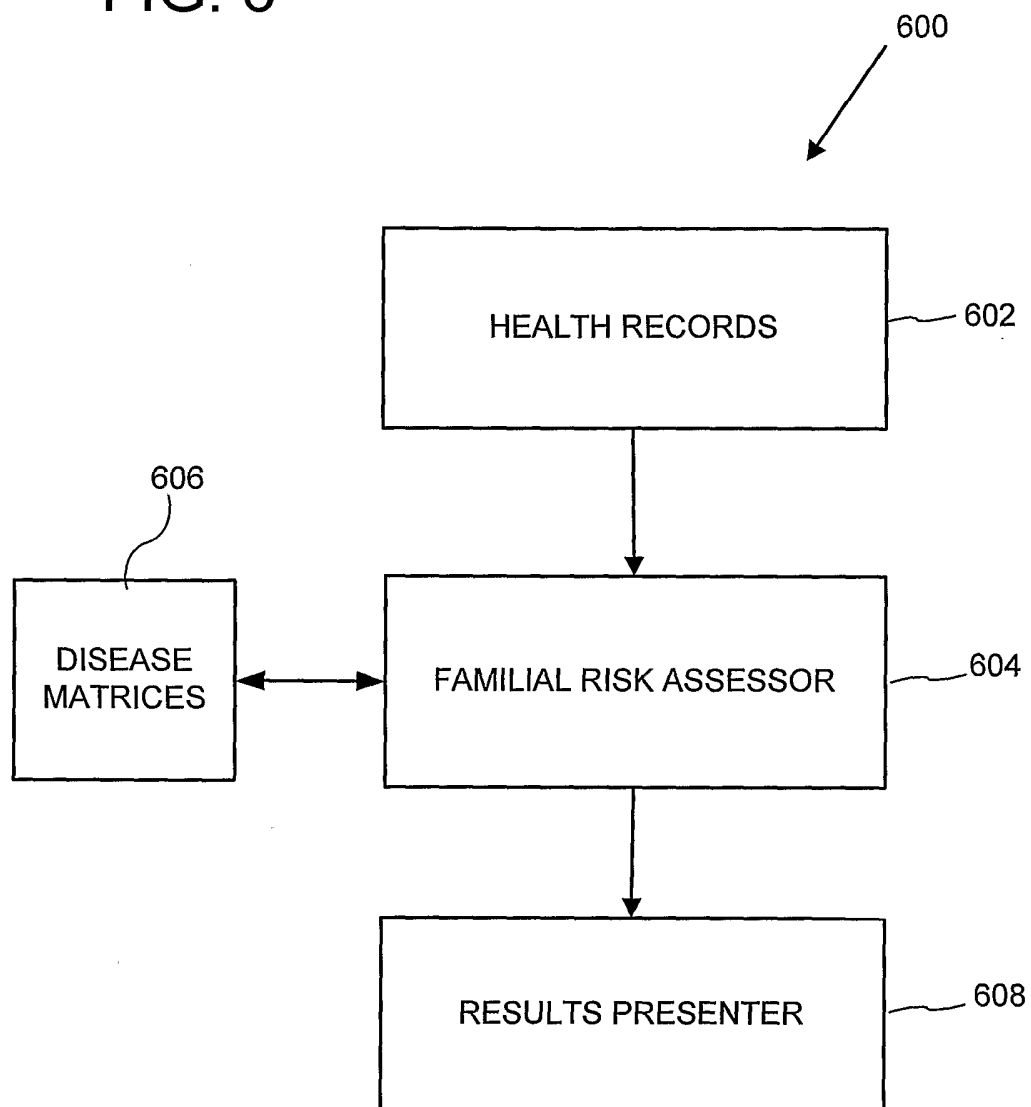


FIG. 7

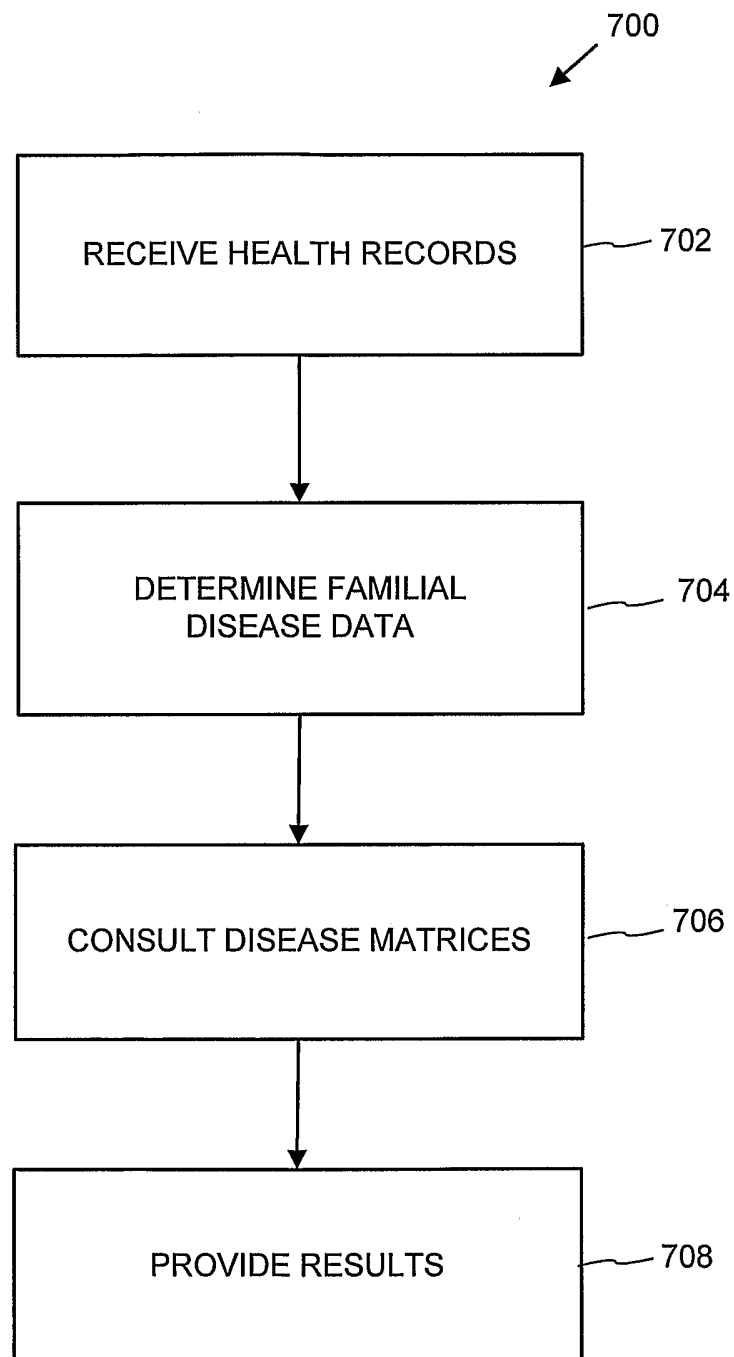
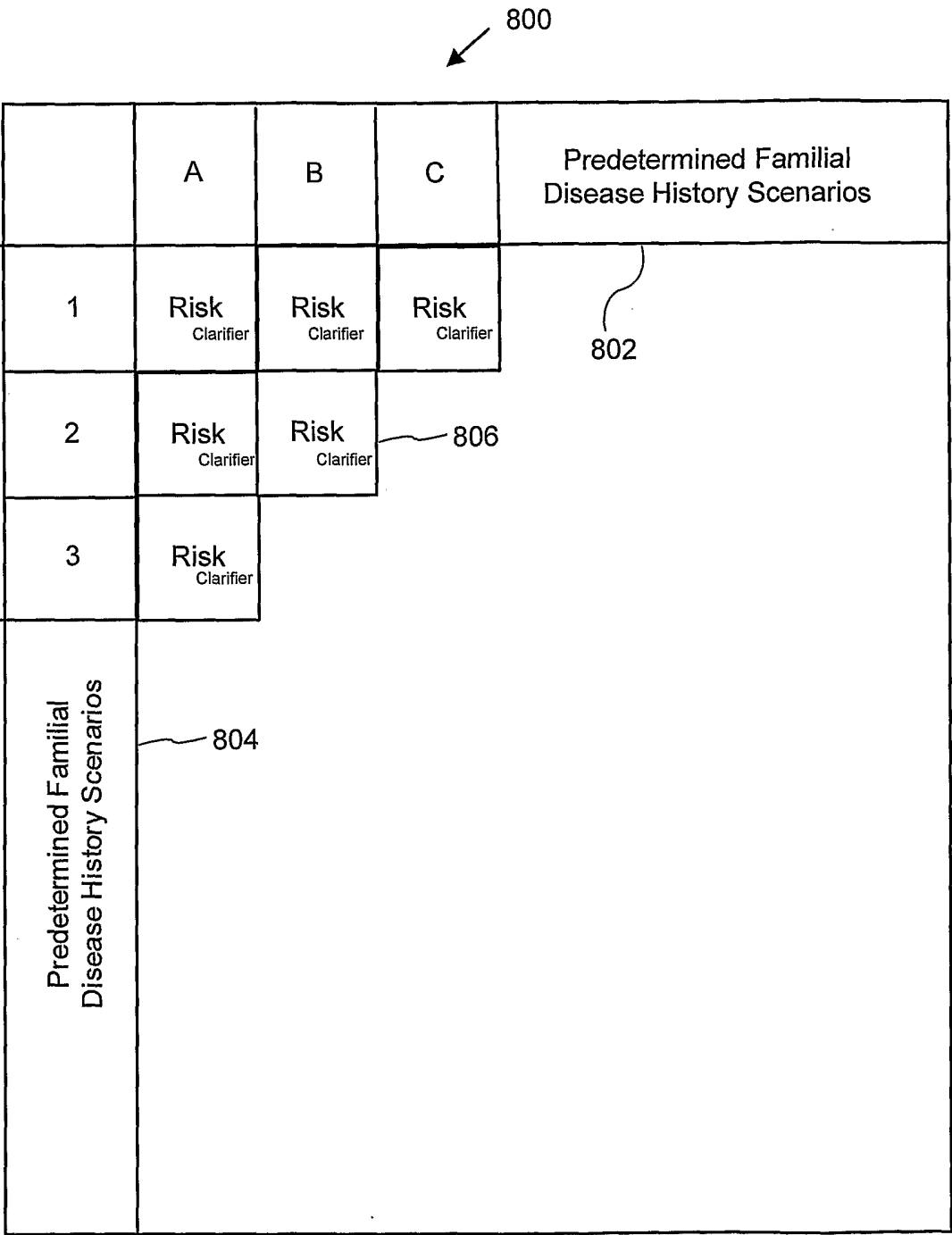


FIG. 8



900

FIG. 9

	One 1 st deg rel w/ early breast ca and ovarian	One 1 st deg rel w/ late breast ca and ovarian	One 1 st deg FEMALE rel w/ early breast ca	One 1 st deg MALE rel w/ early breast ca	One 1 st deg rel w/ ovarian	One 1 st deg MALE rel w/ late breast	TWO 1 st deg FEMALE rel w/ late breast	One 1 st deg FEMALE rel w/ late breast	No 1 st deg rel w/ breast
One 1 st deg rel w/ early breast and ovarian	6-1 H^a, c, e, f	6-2 H^a, c, e, f	6-3 H^a, e, f	6-4 H^a, d, e, f	6-5 H^a, c, e	6-6 H^a, d, e, f	6-7 H^a, e, i	6-8 H^a, e, f	6-9 H^a, e
One 1 st deg rel w/ late breast and ovarian	6-10 H^a, c, e, f	6-11 H^a, c, f	6-12 H^a, e, f	6-13 H^a, d, e, f	6-14 H^a, c	6-15 H^a, d, f	6-16 H^a, i	6-17 H^a, f	6-18 H^a
One 1 st deg FEMALE rel w/ early breast ca	6-19 H^a, e, f	6-20 H^a, e, f	6-21 H^a, e, f	6-22 H^a, d, e, f	6-23 H^a, b, e	6-24 H^a, d, e, f	6-25 H^a, e, i	6-26 H^a, e, f	6-27 H^a, e
One 1 st deg MALE rel w/ early breast ca	6-28 H^a, d, e, f	6-29 H^a, d, e, f	6-30 H^a, d, e, f	6-31 H^a, d, e, f	6-32 H^a, b, d	6-33 H^a, b, f	6-34 H^a, d, e, f	6-35 H^a, d, e	6-36 H^a, d, e
One 1 st deg rel w/ ovarian	6-37 H^a, c, e	6-38 H^a, c	6-39 H^a, b, e	6-40 H^a, d, e, f	6-41 H^a, c	6-42 H^a, d, e, f	6-43 H^a, b, f	6-44 H^a, d, e, f	6-45 H^a, d, e
One 1 st deg MALE rel w/ late breast ca	6-46 H^a, d, e, f	6-47 H^a, d, f	6-48 H^a, d, e, f	6-49 H^a, d, e, f	6-50 H^a, b, d	6-51 H^a, d, f	6-52 H^a, d, i	6-53 H^a, d, f	6-54 H^a, d, f
Two 1 st deg FEMALE rel w/ late breast ca	6-55 H^a, e, f	6-56 H^a, f	6-57 H^a, e, f	6-58 H^a, d, e, f	6-59 H^a, b, f	6-60 H^a, d, f	6-61 H^a, i	6-62 H^a, i	6-63 H^a, f
One 1 st deg FEMALE rel w/ late breast ca	6-64 H^a, e, f	6-65 H^a, f	6-66 H^a, e, f	6-67 H^a, d, e, f	6-68 H^a, b, f	6-69 H^a, d, f	6-70 H^a, f	6-71 H^a, f	6-72 H^a, f
No 1 st deg rel with breast	6-73 H^a, e	6-74 H^a	6-75 H^a, e	6-76 H^a, d, e	6-77 H^a, b, f	6-78 H^a, d, f	6-79 H^a, f	6-80 H^a, f	6-81 A

FIG. 10

1000

	One 1 st deg rel w/ early breast and ovarian	One 2 nd deg rel w/ late breast ca and ovarian	One 2 nd deg FEMALE rel w/ early breast ca	One 2 nd deg MALE rel w/ early breast ca	One 2 nd deg w/ ovarian	One 2 nd deg MALE rel w/ late breast ca	TWO 2 nd deg FEMALE rel w/ late breast	One 2 nd deg FEMALE rel w/ late breast	No 2 nd deg rel w/ breast ca
One 1 st deg rel w/ early breast and ovarian	6-46 H^{a,c,e,f}	6-47 H^{a,c,e,f}	6-48 H^{a,e,f}	6-49 H^{a,d,e,f}	6-50 H^{a,c,e}	6-51 H^{a,d,e,f}	6-52 H^{a,e,i}	6-53 H^{a,e,f}	H^{a,e}
One 1 st deg rel w/ late breast and ovarian	6-54 H^{a,c,e,f}	6-55 H^{a,c,f}	6-56 H^{a,e,f}	6-57 H^{a,d,e,f}	6-58 H^{a,c}	6-59 H^{a,d,f}	6-60 H^{a,i}	6-61 H^{a,f}	H^a
One 1 st deg FEMALE rel w/ early breast ca	6-62 H^{a,e,f}	6-63 H^{a,e,f}	6-64 H^{e,f}	6-65 H^{d,e,f}	6-66 H^{b,e}	6-67 H^{d,e,f}	6-68 H^{e,i}	6-69 H^{e,f}	H^e
One 1 st deg MALE rel w/ early breast ca	6-70 H^{a,d,e,f}	6-71 H^{a,d,e,f}	6-72 H^{d,e,f}	6-73 H^{d,e,f}	6-74 H^{b,d,e}	6-75 H^{d,e,f}	6-76 H^{d,e,i}	6-77 H^{d,e,f}	H^{d,e}
One 1 st deg rel w/ ovarian	6-78 H^{a,c,e}	6-79 H^{a,c}	6-80 H^{b,e}	6-81 H^{b,d,e}	6-82 H^c	6-83 H^{b,d}	6-84 H^{b,f}	6-85 M^b H^b if A^j	A^a H^b if A^j
One 1 st deg MALE rel w/ late breast ca	6-86 H^{a,d,e,f}	6-87 H^{a,d,f}	6-88 H^{d,e,f}	6-89 H^{d,e,f}	6-90 H^{b,d}	6-91 H^{d,f}	6-92 H^{d,i}	6-93 H^{d,f}	M^{d,g}
TWO 1 st deg FEMALE rel w/ late breast ca	6-94 H^{a,e,i}	6-95 H^{a,i}	6-96 H^{e,i}	6-97 H^{d,e,i}	6-98 H^{b,f}	6-99 H^{d,i}	6-100 Hⁱ	6-101 Hⁱ	H^f
One 1 st deg FEMALE rel w/ late breast ca	6-102 H^{a,e,f}	6-103 H^{a,f}	6-104 M^{e,f} H^{e,f} if pat H^{e,f} if A^j	6-105 H^{d,e,f}	6-106 M^b H^b if A^j	6-107 H^{d,f}	6-108 Hⁱ	6-109 M^f	M^g
No 1 st deg rel with breast	H^{a,e}	H^a	A^a	A^a	A^a	A^a	M^f	A^a	A^a

FIG. 11

1100

	One 2 nd deg rel w/ early breast ca and ovarian	One 2 nd deg rel w/ late breast ca and ovarian	One 2 nd deg FEMALE rel w/ early breast ca	One 2 nd deg MALE rel w/ early breast ca	One 2 nd deg rel w/ ovarian	One 2 nd deg MALE rel w/ late breast ca	TWO 2 nd deg FE MALE rel w/ late breast	One 2 nd deg FEMALE rel w/ late breast	No 2 nd deg rel w/ breast ca
One 2 nd deg rel w/ early breast and ovarian	6-110 H^{a, c, e, f}	6-111 H^{a, c, e, f}	6-112 H^{a, e, f}	6-113 H^{a, d, e, f}	6-114 H^{a, c, e}	6-115 H^{a, d, e, f}	6-116 H^{a, e, i}	6-117 H^{a, e, f}	6-118 H^{a, e}
One 2 nd deg rel w/ late breast and ovarian	H^{a, c, e, f}	6-119 H^{a, c, f}	6-120 H^{a, e, f}	6-121 H^{a, d, e, f}	6-122 H^{a, c}	6-123 H^{a, d, f}	6-124 H^{a, i}	6-125 H^{a, f}	6-126 H^a
One 2 nd deg FEMALE rel w/ early breast ca	H^{a, e, f}	H^{a, e, f}	6-127 H^{e, f}	6-128 H^{d, e, f}	6-129 H^{b, e}	6-130 H^{d, e, f}	6-131 H^{e, i}	6-132 H^{e, f}	6-133 A M^e if pat M^e if AJ^j
One 2 nd deg MALE rel w/ early breast ca	H^{a, d, e, f}	H^{a, d, e, f}	H^{d, e, f}	6-134 H^{d, e, f}	6-135 H^{b, d, e}	6-136 H^{d, e, f}	6-137 H^{d, e, i}	6-138 H^{d, e, f}	6-139 A M^{d, e} if pat M^{d, e} if AJ^j
One 2 nd deg rel w/ ovarian	H^{a, c, e}	H^{a, c}	H^{b, e}	H^{b, d, e}	6-140 H^c	6-141 H^{b, d}	6-142 H^{b, f}	6-143 H^b	6-144 A M^h if AJ^j
One 2 nd deg MALE rel w/ late breast ca	H^{a, d, e, f}	H^{a, d, f}	H^{d, e, f}	H^{d, e, f}	H^{b, d}	6-145 H^{d, f}	6-146 H^{d, i}	6-147 H^{d, f}	6-148 A M^d if AJ^j
TWO 2 nd deg FEMALE rel w/ late breast ca	H^{a, e, f}	H^{a, f}	H^{e, f}	H^{d, e, f}	H^{b, f}	H^{d, f}	6-149 Hⁱ	6-150 Hⁱ	6-151 M^f
One 2 nd deg FEMALE rel w/ late breast ca	H^{a, e, f}	H^{a, f}	M^{e, f} H^{e, f} if pat	M^{d, e, f} H^{d, e, f} if pat	M^b	M^{d, f}	Hⁱ	6-152 M^f	6-153 A
No 2 nd deg rel with breast	H^{a, e}	H^a	A M^e if pat	A M^{d, e} if pat	A	A	M^f	A	6-154 A

1500

[illegible]

1600

FIG. 16

	One 2 nd deg ovarian, early breast, early colon	One 2 nd deg ovarian, early breast, late colon	One 2 nd deg ovarian, late breast, early colon	One 2 nd deg ovarian, late breast, late colon	One 2 nd deg ovarian, + early breast	One 2 nd deg ovarian, + late breast	One 2 nd deg ovarian, + early colon	One 2 nd deg ovarian, + late colon	One 2 nd deg ovarian	One 2 nd deg male breast	One 2 nd deg female breast	Two 2 nd deg female breast	One 2 nd deg female late breast	One 2 nd deg early colon	One 2 nd deg late colon	No 2 nd deg w/ cancer
One 2 nd deg ovarian, early breast, early colon	14-362 H agij mn	14-363 H agij mn	14-364 H agij mn	14-365 H agij mn	14-366 H abgij m	14-367 H abgij m	14-368 H acgi mn	14-369 H acgi mn	14-370 H agim	14-371 H aijlm	14-372 H aijm	14-373 H aikm	14-374 H aijm	14-375 H aimn	14-376 H aimn	14-377 H aim
One 2 nd deg ovarian, early breast, late colon	14-378 H agijn	14-379 H agijn	14-380 H agijn	14-381 H abgij m	14-382 H abgij m	14-383 H acgi mn	14-384 H acgin	14-385 H agi	14-386 H aijl	14-387 H aij	14-388 H aik	14-389 H aij	14-390 H aimn	14-391 H aimn	14-392 H aimn	14-393 H aim
One 2 nd deg ovarian, late breast, early colon	14-393 H agijn	14-394 H agijn	14-395 H abgij m	14-396 H abgij m	14-397 H acgm n	14-398 H acgm n	14-399 H agm	14-400 H ajlm	14-401 H aijm	14-402 H akm	14-403 H ajm	14-404 H amn	14-405 H aimn	14-406 H aimn	14-407 H aimn	14-408 H aimn
One 2 nd deg ovarian, late breast late colon	14-407 H agijn	14-408 H abgij m	14-409 H abgij m	14-410 H acgm n	14-411 H acgm n	14-412 H ag	14-413 H ajl	14-414 H aij	14-415 H ak	14-416 H aj	14-417 H aimn	14-418 H aimn	14-419 H aimn	14-420 H aimn	14-421 H aimn	14-422 H aimn
One 2 nd deg ovarian + early breast	14-420 H bgij	14-421 H bgij	14-422 H bgim	14-423 H bcgi	14-424 H bgi	14-425 H bjl	14-426 H bij	14-427 H bik	14-428 H bij	14-429 H bfim	14-430 H bi	14-431 H bi	14-432 H bi	14-433 H bi	14-434 H bi	14-435 H bi
One 2 nd deg ovarian + late breast	14-432 H bgj	14-433 H bcgm	14-434 H bcg	14-435 H bg	14-436 H bjl	14-437 H bij	14-438 H bk	14-439 H bj	14-440 H bfm	14-441 H bfm	14-442 H bfm	14-443 H bfm	14-444 H bfm	14-445 H bfm	14-446 H bfm	14-447 H bfm
One 2 nd deg ovarian + early colon	14-443 H cgmn	14-444 H cgmn	14-445 H cgmn	14-446 H celm	14-447 H celm	14-448 H cejm	14-449 H cem	14-450 H cmn	14-451 H cmn	14-452 H cmn	14-453 H cmn	14-454 H cmn	14-455 H cmn	14-456 H cmn	14-457 H cmn	14-458 H cmn

FIG. 19

1900 →

	One 2 nd deg rel early colon and ovarian	One 2 nd deg rel late colon and ovarian	One 2 nd deg rel early colon	Two 2 nd deg rel late colon	One 2 nd deg rel late colon	One 2 nd deg rel ovarian	No 2 nd deg rel w/ colon and ovarian
One 1 st deg rel early colon and ovarian	6-029 H acd	6-030 H acd	6-031 H acd	6-032 H ace	6-033 H acd	6-034 H acf	
One 1 st deg rel late colon and ovarian	6-035 H acd	6-036 H acd	6-037 H acd	6-038 H ae	6-039 H ad	6-040 H af	
One 1 st deg rel early colon	6-041 H acd	6-042 H acd	6-043 H cd	6-044 H ce	6-045 H cd	6-046 H bc	
Two 1 st deg rel late colon	6-047 H ace	6-048 H ae	6-049 H ce	6-050 H e	6-051 H e	6-052 H bd	
One 1 st deg rel late colon	6-053 H acd	6-054 H ad	6-055 H cd	6-056 H e	6-057 M d	6-058 M b	
One 1 st deg rel ovarian	6-059 H acf	6-060 H af	6-061 M bc	6-062 M bd	6-063 A	6-064 A	
No 1 st deg rel w/colon and ovarian							

2100

FIG. 21

	One 1 st deg early or late CHD, late DM, and early or late CVA	One 1 st deg early CHD and late DM	One 1 st deg early CHD and early or late CVA	One 1 st deg late CHD and early or late CVA	One 1 st deg early or late CVA and late DM	One 1 st deg early CHD	Two 1 st deg late CHD	One 1 st deg late CHD	One 1 st deg early CVA	One 1 st deg late DM	No 1 st deg CHD, late DM or CVA		
One 1 st deg early or late CHD, late DM and early or late CVA	12-001 H aikn (h, m)	12-002 H abhik (m)	12-003 H abik (h, m)	12-004 H achin (m)	12-005 H acin (h, m)	12-006 H adkn (h, m)	12-007 H ahi (m)	12-008 H aj (h; m)	12-009 H ai (h, m)	12-010 H amn (h)	12-011 H an (h, m)	12-012 H ak (h, m)	12-013 H a (h)
One 1 st deg early CHD and late DM		12-014 H bhik	12-015 H bhik	12-016 H bchip (m)	12-017 H bchip (m)	12-018 H bdhk (m)	12-019 H bhi	12-020 H bhj	12-021 H bhi	12-022 H bhmp	12-023 H bhp	12-024 H bhk	12-025 H bh
One 1 st deg late CHD and late DM			12-026 H bik	12-027 H bchip (m)	12-028 H bcip (m)	12-029 H bdk (m)	12-030 H bhi	12-031 H bj	12-032 H bi	12-033 M bmp	12-034 M bp	12-035 M bk	12-036 M b
One 1 st deg early CHD and early or late CVA				12-037 H chin (m)	12-038 H chin (m)	12-039 H cdhnp (m)	12-040 H chi (m)	12-041 H chj (m)	12-042 H chi (m)	12-043 H chmn	12-044 H chn (m)	12-045 H chp (m)	12-046 H ch (m)
One 1 st deg late CHD and early or late CVA				12-047 H cin (m)	12-048 H cdnp (m)	12-049 H chi (m)	12-050 H cj (m)	12-051 H ci (m)	12-052 M cmn	12-053 M cn (m)	12-054 M cp (m)	12-055 M c (m)	12-056 M d (m)
One 1 st deg early or late CVA and late DM					12-056 M dkn (m)	12-057 H dhp (m)	12-058 H dip (m)	12-059 M dp (m)	12-060 M dmn	12-061 M dn (m)	12-062 M dk (m)	12-063 M d (m)	12-064 M e (m)
One 1 st deg early CHD						12-065 H hi	12-066 H hj	12-067 H hi	12-068 H hf	12-069 H he	12-070 H h		

FIG. 23

2300

	One 1 st deg early or late CHD, late DM and late CVA	One 1 st deg early CHD and late DM	One 1 st deg early CHD and early or late CVA	One 1 st deg late CHD and early or late CVA	One 1 st deg early or late CVA and late DM	One 1 st deg early CHD	Two 1 st deg late CHD	One 1 st deg late CHD	One 1 st deg early CVA	One 1 st deg late CVA	One 1 st deg LATE DM	No 1 st deg CHD, CVA or DM
One 2 nd deg early or late CHD, late DM and early or late CVA	12-092 H a i k n (h, m)	12-093 H a b h i k (m)	12-094 M a b i k (h, m)	12-095 H a c h i n (m)	12-096 M a c i n (h, m)	12-097 M a d k n (h, m)	12-098 H a h i (m)	12-099 H a j (h, m)	12-100 M a i (h, m)	12-101 A	12-102 A	12-103 A
One 2 nd deg early CHD and late DM	12-104 H a b h i k (m)	12-105 H b h i k	12-106 M b h i k	12-107 H b c h i p (m)	12-108 M b c h i p (m)	12-109 M b d h k (m)	12-110 H b h i	12-111 H b h j	12-112 M b h i	12-113 A	12-114 A	12-115 A
One 2 nd deg late CHD and late DM	12-116 H a b i k (h, m)	12-117 H b h i k	12-118 M b i k	12-119 H b c h i p (m)	12-120 M b c i p (m)	12-121 M b d k (m)	12-122 H b h i	12-123 H b j	12-124 M b i	12-125 A	12-126 A	12-127 A
One 2 nd deg early CHD and early or late CVA	12-128 H a c h i n (m)	12-129 H b c h i p (m)	12-130 M b c h i p (m)	12-131 H c h i n (m)	12-132 M c h i n (m)	12-133 M c d h n p (m)	12-134 H c h i (m)	12-135 H c h j (m)	12-136 M c h i (m)	12-137 A	12-138 A	12-139 A
One 2 nd deg late CHD and early or late CVA	12-140 H a c i n (h, m)	12-141 H b c h i p (m)	12-142 M b c i p (m)	12-143 H c h i n (m)	12-144 M c i n (m)	12-145 M c d n p (m)	12-146 H c h i (m)	12-147 H c j (m)	12-148 M c i (m)	12-149 A	12-150 A	12-151 A
One 2 nd deg early or late CVA and late DM	12-152 H a d k n (h, m)	12-153 H b d h k (m)	12-154 M b d k (m)	12-155 H c d h n p (m)	12-156 M c d n p (m)	12-157 M d k n (m)	12-158 H d h p (m)	12-159 H d i p (m)	12-160 M d p (m)	12-161 A	12-162 A	12-163 A
One 2 nd deg early CHD	12-164 H a h i (m)	12-165 H b h i	12-166 M b h i	12-167 H c h i (m)	12-168 M c h i (m)	12-169 M d h p (m)	12-170 H h i	12-171 H h j	12-172 M h i	12-173 A	12-174 A	12-175 A

FIG. 25

2500

	One 2 nd deg early or late CHD, late DM, and early or late CVA	One 2 nd deg early CHD and late DM	One 2 nd deg early CHD and early or late CVA	One 2 nd deg late CHD and early or late CVA	One 2 nd deg early or late CVA and late DM	One 2 nd deg early CHD	Two 2 nd deg late CHD	One 2 nd deg late CHD	One 2 nd deg early CVA	One 2 nd deg late CVA	One 2 nd deg late DM	No 2 nd deg CHD CVA or DM
One 2 nd deg early or late CHD, late DM and early or late CVA	12-236 M a i k n (h, m)	12-237 M a b h i k (m)	12-238 M a b i k (h, m)	12-239 M a c h i n (m)	12-240 M a c i n (h, m)	12-241 M a d k n (h, m)	12-242 M a h i (m)	12-243 M a j (h, m)	12-245 A	12-246 A	12-247 A	12-248 A
One 2 nd deg early CHD and late DM		12-249 M b h i k	12-250 M b h i k	12-251 M b c h i p (m)	12-252 M b c h i p (m)	12-253 M b d h k (m)	12-254 M b h i (m)	12-255 M b h j	12-257 A	12-258 A	12-259 A	12-260 A
One 2 nd deg late CHD and late DM			12-261 M b i k	12-262 M b c h i p (m)	12-263 M b c i p (m)	12-264 M b d k (m)	12-265 M b h i (m)	12-266 M b j	12-268 A	12-269 A	12-270 A	12-271 A
One 2 nd deg early CHD and early or late CVA				12-272 M c h i n (m)	12-273 M c h i n (m)	12-274 M c d h n p (m)	12-275 M c h i (m)	12-276 M c h j (m)	12-278 A	12-279 A	12-280 A	12-281 A
One 2 nd deg late CHD and early or late CVA					12-282 M c i n (m)	12-283 M c d n p (m)	12-284 M c h i (m)	12-285 M c j (m)	12-287 A	12-288 A	12-289 A	12-290 A
One 2 nd deg early or late CVA and late DM						12-291 M d k n (m)	12-292 M d h p (m)	12-293 M d i p (m)	12-295 A	12-296 A	12-297 A	12-298 A
One 2 nd deg early CHD							12-299 M h i	12-300 M h j	12-302 A	12-303 A	12-304 A	12-305 A

FIG. 27

2700

	One 1st deg early or late CVA, late DM and early or late CHD	One 1st deg early CVA and early or late CHD	One 1st deg early CVA and late DM	One 1st deg late CVA and late DM	One 1st deg early or late CHD and late DM	One 1st deg early CVA	Two 1st deg late CVA	One 1st deg late CVA	One 1st deg early CHD	One 1st deg late CHD	One 1st deg late DM	No 1st deg CHD late DM or CVA	
One 1st deg early or late CVA, late DM and early or late CHD	12-001 H aikn (h, l)	12-002 H achik (l)	12-003 H acik (h, l)	12-004 H abhin (l)	12-005 H abin (h, l)	12-006 H adkn (h, l)	12-007 H ahi (l)	12-008 H aj (h, l)	12-009 H ai (h, l)	12-010 H akl (h)	12-011 H ak (h, l)	12-012 H an (h, l)	12-013 H a (h, l)
One 1st deg early CVA and early or late CHD	12-014 H chik (l)	12-015 H chik (l)	12-016 H bchip (l)	12-017 H bchip (l)	12-018 H cdhkp (l)	12-019 H chi (l)	12-020 H chj (l)	12-021 H chi (l)	12-022 H chkl (h)	12-023 H chk (l)	12-024 H chp (l)	12-025 H ch (l)	12-026 M c (l)
One 1st deg late CVA and early or late CHD			12-027 H bchip (l)	12-028 H bcip (l)	12-029 H cdkp (l)	12-030 H chi (l)	12-031 H cj (l)	12-032 H ci (l)	12-033 H ckl (l)	12-034 M ck (l)	12-035 M cp (l)	12-036 M c (l)	12-037 H bh (l)
One 1st deg early CVA and late DM			12-037 H bhin (l)	12-038 H bhin (l)	12-039 H bdhn (l)	12-040 H bhi (l)	12-041 H bhj (l)	12-042 H bhi (l)	12-043 H bhlp (l)	12-044 H bh p (l)	12-045 H bh n (l)	12-046 H bh (l)	12-047 M b (l)
One 1st deg late CVA and late DM				12-047 H bin (l)	12-048 H bdn (l)	12-049 H bhi (l)	12-050 H bj (l)	12-051 H bi (l)	12-052 H blp (l)	12-053 M bp (l)	12-054 M bn (l)	12-055 M b (l)	12-056 M b (l)
One 1st deg early or late CHD and late DM					12-056 M dkn (l)	12-057 H dhp (l)	12-058 H dip (l)	12-059 H dp (l)	12-060 M dkl (l)	12-061 M dk (l)	12-062 M dn (l)	12-063 M d (l)	12-064 M d (l)
One 1st deg early CVA						12-064 H hi (l)	12-065 H hj (l)	12-066 H hi (l)	12-067 H fh (l)	12-068 H fh (l)	12-069 H eh (l)	12-070 H h (l)	12-071 H h (l)

2900

FIG. 29

	One 1 st deg early or late CVA, late DM and early or late CHD	One 1 st deg early CVA and late CHD	One 1 st deg early CVA and late DM	One 1 st deg late CVA and late DM	One 1 st deg early or late CHD and late D M	One 1 st deg early CVA	Two 1 st deg late CVA	One 1 st deg late CVA	One 1 st deg early CHD	One 1 st deg late CHD	One 1 st deg late DM	No 1 st deg CHD, late DM or CVA
One 2 nd deg early or late CVA, late DM and early or late CHD	12-092 H a i k n (h, l)	12-093 H a c h i k (l)	12-094 M a c i k (h, l)	12-095 H a b h i n (l)	12-096 M a b i n (h, l)	12-097 M a d k n (h, l)	12-098 H a h i (l)	12-099 H a j (h, l)	12-100 M a i (h, l)	12-101 M a k l (h)	12-102 A	12-103 A
One 2 nd deg early CVA and early or late CHD	12-104 H a c h i k (l)	12-105 H c h i k (l)	12-106 M c h i k (l)	12-107 H b c h i p (l)	12-108 M b c h i p (l)	12-109 M c d h k p (l)	12-110 H c h i (l)	12-111 H c h j (l)	12-112 M c h i (l)	12-113 M c h k l	12-114 A	12-115 A
One 2 nd deg late CVA and early or late CHD	12-116 H a c i k (h, l)	12-117 H c h i k (l)	12-118 M c i k (l)	12-119 H b c h i p (l)	12-120 M b c i p (l)	12-121 M c d k p (l)	12-122 H c h i (l)	12-123 H c j (l)	12-124 M c i (l)	12-125 M c k l	12-126 A	12-127 A
One 2 nd deg early CVA and late DM	12-128 H a b h i n (l)	12-129 H b c h i p (l)	12-130 M b c h i p (l)	12-131 H b h i n	12-132 M b h i n	12-133 M b d h n (l)	12-134 H b h i	12-135 H b h j	12-136 M b h i	12-137 M b h i p	12-138 A	12-139 A
One 2 nd deg late CVA and late DM	12-140 H a b i n (h, l)	12-141 H b c h i p (l)	12-142 M b c i p (l)	12-143 H b h i n	12-144 M b i n	12-145 M b d n (l)	12-146 H b h i	12-147 H b j	12-148 M b i	12-149 M b l p	12-150 A	12-151 A
One 2 nd deg early late CHD and late DM	12-152 H a d k n (h, l)	12-153 H c d h p (l)	12-154 M c d k p (l)	12-155 H b d h n	12-156 M b d n	12-157 M d k n (l)	12-158 H d h p	12-159 H d i p	12-160 M d p	12-161 M d k l	12-162 A	12-163 A
One 2 nd deg early CVA	12-164 H a h i (l)	12-165 H c h i (l)	12-166 M c h i (l)	12-167 H b h i	12-168 M b h i	12-169 M d h p (l)	12-170 H h i	12-171 H h j	12-172 M h i	12-173 M f h l	12-174 A	12-175 A

3100 

	One 2 nd deg early or late CVA, late DM and early or late CHD	One 2 nd deg early CVA and early or late CHD	One 2 nd deg late CVA and early or late CHD	One 2 nd deg early CVA and late DM	One 2 nd deg early or late CHD and late DM	One 2 nd deg early CVA	Two 2 nd deg late CVA	One 2 nd deg late CVA	One 2 nd deg early CHD	One 2 nd deg late CHD	One 2 nd deg late DM	No 2 nd deg CHD, late DM or CVA	
One 2 nd deg early or late CVA, late DM and early or late CHD	12-236 M a'kn (h, l)	12-237 M a chik (l)	12-238 M acik (h, l)	12-239 M abhin (l)	12-240 M abin (h, l)	12-241 M adkn (h, l)	12-242 M ahi (l)	12-243 M aj (h, l)	12-244 M ai (h, l)	12-245 M akl (h)	12-247 A	12-248 A	
One 2 nd deg early deg CVA and early or late CHD		12-249 M chik (l)	12-250 M chik (l)	12-251 M bchip (l)	12-252 M bchip (l)	12-253 M cdhkp (l)	12-254 M chi (l)	12-255 M chj (l)	12-256 M chi (l)	12-257 M chk (l)	12-258 A	12-260 A	
One 2 nd deg late deg CVA and early or late CHD			12-261 M cik (l)	12-262 M bchip (l)	12-263 M bcip (l)	12-264 M cdkp (l)	12-265 M chi (l)	12-266 M cj (l)	12-267 M ci (l)	12-268 M ck (l)	12-269 A	12-271 A	
One 2 nd deg early deg CVA and late DM				12-272 M bhin	12-273 M bhin	12-274 M bdhn	12-275 M bhi	12-276 M bhj	12-277 M bhi	12-278 M bhlp	12-280 A	12-281 A	
One 2 nd deg late deg CVA and late DM					12-282 M bin	12-283 M bdn	12-284 M bhi	12-285 M bj	12-286 M bi	12-287 M blp	12-288 A	12-290 A	
One 2 nd deg early deg CVA and CHD and late DM						12-291 M dkn	12-292 M dhp	12-293 M dip	12-294 M dp	12-295 M dkl	12-296 A	12-298 A	
One 2 nd deg early deg CVA							12-299 M hi	12-300 M hi	12-301 M hi	12-302 M fhi	12-303 A	12-304 A	12-305 A

FIG. 33

3300

	Two 1 st deg late DM	One 1 st deg late DM	No 1 st deg DM
Two 1 st deg late DM	1-001 H a	1-002 H a	1-003 H b
One 1 st deg late DM		1-004 H b	1-005 M c
No 1 st deg DM			1-006 A

FIG. 34

3400

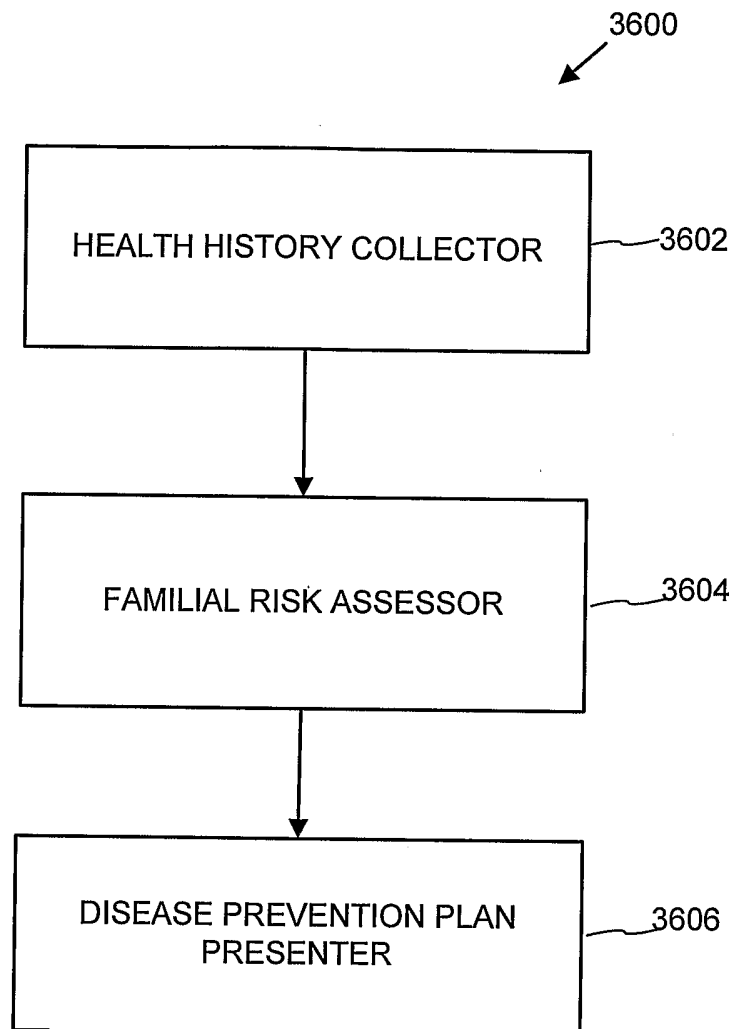
	Two 1 st deg late DM	One 1 st deg late DM	No 1 st deg DM
Two 2 nd deg late DM	1-007 H a	1-008 H a	
One 2 nd deg late DM	1-009 H a	1-0010 M b	
No 2 nd deg DM			

FIG. 35

3500

	Two 2 nd deg late DM	One 2 nd deg late DM	No 2 nd deg DM
Two 2 nd deg late DM	1-011 H a	1-012 H a	1-013 M b
One 2 nd deg late DM		1-014 M b	1-015 A
No 2 nd deg DM			1-016 A

FIG. 36



3700

FIG. 37



Family Healthcare
Using Family History to Promote Health




Welcome to Family Healthcare

Family Healthcare is a free tool that collects information on you:

- lifestyle behaviors
- use of screening tests
- family history of six major diseases

and produces a personalized report that:

- analyzes your family history as a risk factor for disease
- recommends screening, lifestyle and other changes to improve your health.

Click to learn about:

[Family Healthcare](#)

[Family History & Health](#)

Returning Users

Username:

Password:

[Forgot your username or password?](#)

New Users

Begin your Family Healthcare assessment today...

Family Healthcare is not designed to replace medical advice and discussions with a health professional. You should talk to your health professional before making a decision about your medical care.

FIG. 38

3800

Family Healthware
Using Family History to Promote Health

[My Profile](#)
[Username/Password](#)
[Personal Information](#)
[Health Behaviors](#)
[Screening Tests](#)

[My Family Profile](#)
[Family Profile Introduction](#)
[Create Family Tree](#)
[Add Family Member](#)

[My Report](#)

My Profile - Username/Password

This information will allow you to access your account in the future and keep your information secure.

Username and Password

Username: Needs at least 4 characters

Password: Needs at least 6 characters

Re-enter password:

Study Code:

Password Reminder

Select a question prompt:

Enter the answer to your question prompt:

If you forget your password, we will ask you to provide this answer to verify your identity.

[Save & Continue](#)

Privacy Policy: We will not share information collected, when you use Family Healthware, with anyone outside this research project.

FIG. 39

3900



Family Healthware
Using Family History to Promote Health

[Glossary](#) [Logout](#)

My Profile – Personal Information

Please enter your personal information.

Today's Date: 1/30/2006

First Name:

Last Name:

Email (optional):

What is your current height? feet inches

What is your current weight? lbs.
(pregnant women should indicate weight prior to pregnancy)

Date of Birth: Month month day Year

Gender: ☐ Male ☐ Female

Are you adopted? ☐ No/Don't know ☐ Yes

Race/Ethnic Group (optional): PLEASE SELECT:

Having a Jewish heritage may affect your risk for breast cancer. Do you have any ancestors who are Ashkenazi Jews? (Jewish families from Eastern or Central Europe)? (optional) ☐ No/Don't know ☐ Yes

[Previous Screen](#) [Save & Continue](#)

FIG. 40

4000

Logo		Logout	
My Profile 1 Username/Password 2 Personal Information 3 My Health History 4 Health Behavior 5 Screening Tests		My Profile - My Health History Health History for Jane Smith Please enter information about your personal health history. It is important that you indicate whether you have had each disease and at what age. Complete and accurate information will provide you with a more accurate assessment and the most appropriate prevention plan. What is your current height? feet inches What is your current weight? lbs. What is your current weight? (pregnant women should indicate weight prior to pregnancy) lbs. Disease Coronary Heart Disease <u>2</u> Stroke <u>2</u> Diabetes <u>2</u> Colon Cancer <u>2</u> Breast Cancer <u>2</u> Ovarian Cancer <u>2</u> Did you ever have this disease? Please select one: Please select one: Please select one: Please select one: Please select one: Please select one: Previous Screen Save & Continue	

FIG. 41

4100

Family Healthware
Using Family History to Promote Health

[My Profile](#)
Username/Password
Personal Information
Health Behaviors
Screening Tests

[My Family Profile](#)
Family Profile Introduction
Create Family Tree
Add Family Member

[My Report](#)

[Glossary](#) [Logout](#)

My Profile - My Health Behaviors

Question 1 of 5

Tobacco

Do you smoke tobacco, including cigarettes, a pipe, or cigars?

☐ Yes, I currently smoke cigarettes, a pipe, or cigars

☐ No, I used to smoke

☐ No, I have never smoked (or smoked less than 100 cigarettes, pipes, or cigars in my lifetime)

[Previous Screen](#) [Save & Continue](#)

FIG. 42

4200
↙

 Family Healthcare Using Family History to Promote Health		 	
Glossary Logout			
My Profile – My Screening Tests			
Question 1 of 8			
Cholesterol			
Blood cholesterol is a fatty substance found in the blood. Have you had your blood cholesterol checked by a health professional?			
PLEASE SELECT: Never Yes, within the past year Yes, 1 to 2 years ago Yes, 3 to 5 years ago Yes, 6 to 10 years ago Yes, more than 10 years ago Don't know/Not sure		PLEASE SELECT: Previous Screen Save & Continue	
My Profile Username/Password Personal Information Health Behaviors Screening Tests		My Family Profile Family Profile Introduction Create Family Tree Add Family Member	
My Report			

FIG. 43

4300

My Profile – Username/Password

This information will allow you to access your account in the future and keep your information secure.

Username and Password

Username: cancer

Password: ***** Needs at least 6 characters

Re-enter password: *****

Study Code:

Password Reminder

Select a question prompt: Favorite pet's name?

Enter the answer to your question prompt: Nikki

If you forget your password, we will ask you to provide this answer to verify your identity.

Save & Continue

My Profile

Username/Password

Personal Information

Health Behaviors

Screening Tests

My Family Profile

Family Profile Introduction

Create Family Tree

Add Family Member

Mother: Paula

Mother's Mother

Mother's Father

Father

Father's Mother

Father's Father

My Report

Introduction

Family Tree

Assessment Summary

Coronary Heart Disease

Stroke

Diabetes

Colon Cancer

Screening Tests

Lifestyle Changes

Privacy Policy: We will not share information collected, when you use Family Healthware, with anyone outside this research project.

FIG. 44

4400



Family Healthware
Using Family History to Promote Health




[Glossary](#) [Logout](#)

☒ **My Profile**

☒ **My Family Profile**
 Family Profile Introduction

Create Family Tree

 Add Family Member

☒ **My Report**

My Family Profile - Create Family Tree

Family Members	Please enter number of family members (living or deceased)
Mother	1
Father	1
GrandParents	4
Daughter	0
Son	0
Sister (including half-sisters)	0
Brother (including half-brothers)	0
Mother's Sister	0
Mother's Brother	0
Father's Sister	0
Father's Brother	0

Previous Screen

Save & Continue

FIG. 45

4500


Family Healthware
Using Family History to Promote Health

[Glossary](#)
[Logout](#)



[Delete Member](#)

My Family Profile

Health History of My **Mother**

Please enter a name for your **Mother**:

☐ Check if you don't know if this relative had any of these diseases.

Did your mother ever have....?				
	Yes	No	Don't Know	Age at first diagnosis (estimate if not sure)
<u>Coronary Heart Disease</u>	☐	☐	☐	
<u>Stroke</u>	☐	☐	☐	
<u>Diabetes</u>	☐	☐	☐	
<u>Colon Cancer</u>	☐	☐	☐	
<u>Breast Cancer</u>	☐	☐	☐	
<u>Ovarian Cancer</u>	☐	☐	☐	

[My Profile](#)

[My Family Profile](#)

[Family Profile Introduction](#)

[Create Family Tree](#)

[Add Family Member](#)

[Mother's Mother](#)

[Mother's Father](#)

[Father](#)

[Father's Mother](#)

[Father's Father](#)

[My Report](#)

[Previous Screen](#)
[Save & Continue](#)

FIG. 46

4600



Family Healthware
Using Family History to Promote Health



CDC

[Glossary](#) [Logout](#)

[Delete Member](#)

My Family Profile

Health History of My Mother

Please enter a name for your **Mother** :

☐ Check if you don't know if this relative had any of these diseases.

Did your mother ever have...?		Age at first diagnosis (estimate if not sure)
	Yes No Don't Know	
Coronary Heart Disease	☒ ☐ ☐	Please select one: less than 20 20 to 24 25 to 29 30 to 34 35 to 39 40 to 44 45 to 49 50 to 54 55 to 59 60 to 64
Stroke	☐ ☒ ☐	
Diabetes	☐ ☒ ☐	
Colon Cancer	☐ ☒ ☐	
Breast Cancer	☐ ☒ ☐	
Ovarian Cancer	☐ ☒ ☐	

[Previous Screen](#)

[Save & Continue](#)

My Profile

My Family Profile

[Family Profile Introduction](#)

[Create Family Tree](#)

[Add Family Member](#)

My Report

My Family Profile

[Family Profile Introduction](#)

[Create Family Tree](#)

[Add Family Member](#)

My Report

FIG. 47

4700
↙



Family Healthware
Using Family History to Promote Health



Glossary [Logout](#)



My Profile

My Family Profile

[Family Profile Introduction](#)

[Create Family Tree](#)

[Add Family Member](#)

[Delete Member](#)

My Family Profile

Health History of My Mother

Please enter a name for your Mother :

☐ Check if you don't know if this relative had any of these diseases.

Did your mother ever have...?			Age at first diagnosis (estimate if not sure)
	Yes	No	Don't Know
Coronary Heart Disease	☒	☐	☐
Stroke	☐	☒	☐
Diabetes	☐	☒	☐
Colon Cancer	☐	☒	☐
Breast Cancer	☐	☒	☐
Ovarian Cancer	☐	☒	☐

My Report

[Previous Screen](#)

[Save & Continue](#)

FIG. 48

4800



Family Healthware
Using Family History to Promote Health



CDC

[Glossary](#)
[Logout](#)

My Family Profile - Add Family Member

Health History of New Family Member

Please enter a name for this family member:

Select the type of relative: Select Family Relation

☐ Check if you don't know if this relative had any of these diseases.

Be sure this family member is a biological (blood) relative and not an adopted or step relative:

Did this family member ever have...?			Age at first diagnosis (estimate if not sure)
Yes	No	Don't Know	
☐	☐	☐	
☐	☐	☐	
☐	☐	☐	
☐	☐	☐	
☐	☐	☐	
☐	☐	☐	

My Profile

Family Profile Introduction

Create Family Tree

Add Family Member

Mother: Paula

Mother's Mother: Sue

Mother's Father: John

Father: Jim

Father's Mother: Grace

Father's Father: Bruce

My Report

Previous Screen
Save & Continue

FIG. 49

4900



Family Healthware
Using Family History to Promote Health



CDC
Centers for Disease Control and Prevention

[Glossary](#)
[Logout](#)

My Family Profile

My Family Profile

[Family Profile Introduction](#)

[Create Family Tree](#)

Add Family Member

[Mother: Paula](#)

[Mother's Mother: Sue](#)

[Mother's Father: John](#)

[Father: Jim](#)

[Father's Mother: Grace](#)

[Father's Father: Bruce](#)

My Family Profile - Add Family Member

Health History of New Family Member

Please enter a name for this family member:

Select the type of relative:

☐ Check if you don't know if this relative had any of these diseases.

Be sure this family member is a biological (blood) relative and not an adopted or step relative:

Did this family member ever have...?			Age at first diagnosis (estimate if not sure)
	Yes	No	
Coronary Heart Disease	☒	☐	45 to 49
Stroke	☐	☒	
Diabetes	☐	☒	
Colon Cancer	☐	☒	
Breast Cancer*	☐	☒	

*While rare, breast cancer may occur in men.

My Report

[Previous Screen](#)

[Save & Continue](#)

FIG. 50

5000

Logo	Logout
My Profile 1 Username/Password 2 Personal Information 3 My Health History 4 Health Behaviors 5 Screening Tests	My Family Profile - Family Member's Health History Health History of My Father's Brother 1 Please enter a name for your Father's Brother: Ed Please enter information about your father's brother's health history. It is important that you indicate whether she has had each disease and at what age. Complete and accurate information will provide you with a more accurate assessment and the most appropriate prevention plan. ☐ I don't know anything about my father's brother's health history.
My Family Profile 6 Add Family Member 7 Son, William 8 Daughter, Marisa 9 Brother, Matthew 10 Sister, Mary 11 Father, Joe 12 Mother, Paula 13 Father's Brother, Ed 14 Father's Brother, Gary 15 Mother's Brother 1 16 Mother's Sister 1 17 Father's Father 18 Father's Mother 19 Mother's Father 20 Mother's Mother	Are you sure you want to delete this relative? Ok Cancel Diabetes 2 No, never had this disease Colon Cancer 2 No, never had this disease Breast Cancer 2 No, never had this disease Ovarian Cancer 2 No, never had this disease
My Report	Delete Relative Previous Screen Save & Continue

FIG. 51

5100

Glossary - Microsoft Internet Explorer

Glossary

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

stroke: An event that occurs when a blood vessel bringing oxygen and nutrients to the brain bursts or is blocked. Without blood and oxygen, nerve cells in the affected area of the brain die within minutes, resulting in loss of ability to speak and move. These symptoms may be permanent, when they last less than 24 hours and function returns to normal, it is called a mini-stroke or TIA (transient ischemic attack).

triglyceride: A fatty substance found in the blood. Although the liver makes triglycerides from carbohydrates, alcohol, and cholesterol, most triglycerides come from the diet. Blood levels of triglycerides tend to increase with age and in individuals who are overweight, high levels (above 150 mg/dL) are associated with diabetes and heart disease.

ultrasound: (of the ovaries) A procedure in which high-energy sound waves (ultrasound) are bounced off internal tissues and organs, making echoes that are displayed on a computer monitor in a detailed picture.

Diabetes

Colon Cancer

Breast Cancer*

*While rare, breast cancer may occur in men.

Previous Screen **Save & Continue**

FIG. 52

5200

 Family Healthcare <i>Using Family History to Promote Health</i>		 	Glossary Logout			
My Family Healthcare - Welcome Back Use the navigation bar located on the left to: • Continue using Family Healthcare • Add new information • Update your health history • Add or delete family members • Update family members' health information						
<table border="1"> <tr> <td>  My Profile Username/Password Personal Information Health Behaviors Screening Tests </td> <td>  My Family Profile Family Profile Introduction Create Family Tree Add Family Member Mother: Paula Mother's Mother: Sue Mother's Father: John Father: Jim Father's Mother: Grace Father's Father: Bruce Father's Brother: Ed </td> <td>  My Report Introduction Family Tree Assessment Summary Coronary Heart Disease Stroke Diabetes Colon Cancer Breast Cancer Ovarian Cancer Screening Tests Lifestyle Changes </td> </tr> </table>				 My Profile Username/Password Personal Information Health Behaviors Screening Tests	 My Family Profile Family Profile Introduction Create Family Tree Add Family Member Mother: Paula Mother's Mother: Sue Mother's Father: John Father: Jim Father's Mother: Grace Father's Father: Bruce Father's Brother: Ed	 My Report Introduction Family Tree Assessment Summary Coronary Heart Disease Stroke Diabetes Colon Cancer Breast Cancer Ovarian Cancer Screening Tests Lifestyle Changes
 My Profile Username/Password Personal Information Health Behaviors Screening Tests	 My Family Profile Family Profile Introduction Create Family Tree Add Family Member Mother: Paula Mother's Mother: Sue Mother's Father: John Father: Jim Father's Mother: Grace Father's Father: Bruce Father's Brother: Ed	 My Report Introduction Family Tree Assessment Summary Coronary Heart Disease Stroke Diabetes Colon Cancer Breast Cancer Ovarian Cancer Screening Tests Lifestyle Changes				

FIG. 53

5300



Family Healthware
Using Family History to Promote Health



CDC
Centers for Disease Control and Prevention

[Glossary](#) [Logout](#)

☐ **My Profile**
☒ **My Family Profile**
☐ **My Report**

Introduction

[Family Tree](#)

[Assessment Summary](#)

[Coronary Heart Disease](#)

[Stroke](#)

[Diabetes](#)

[Colon Cancer](#)

[Screening Tests](#)

[Lifestyle Changes](#)

[Print My Report](#)

[Disease Resources](#)

[Lifestyle Resources](#)

[Family History Resources](#)

My Report - Introduction

Based upon the information you entered, your report includes the following sections:

- A drawing of your family tree with your relatives' health information
- Ratings of your family history risk for the six diseases as:
 - Strong
 - Moderate
 - Weak
- Details on each disease with:
 - Your family history risk explanation
 - Recommended screening tests
 - Recommended lifestyle changes
- A summary of all recommended screening tests and lifestyle changes

[Continue](#)

FIG. 54

5400

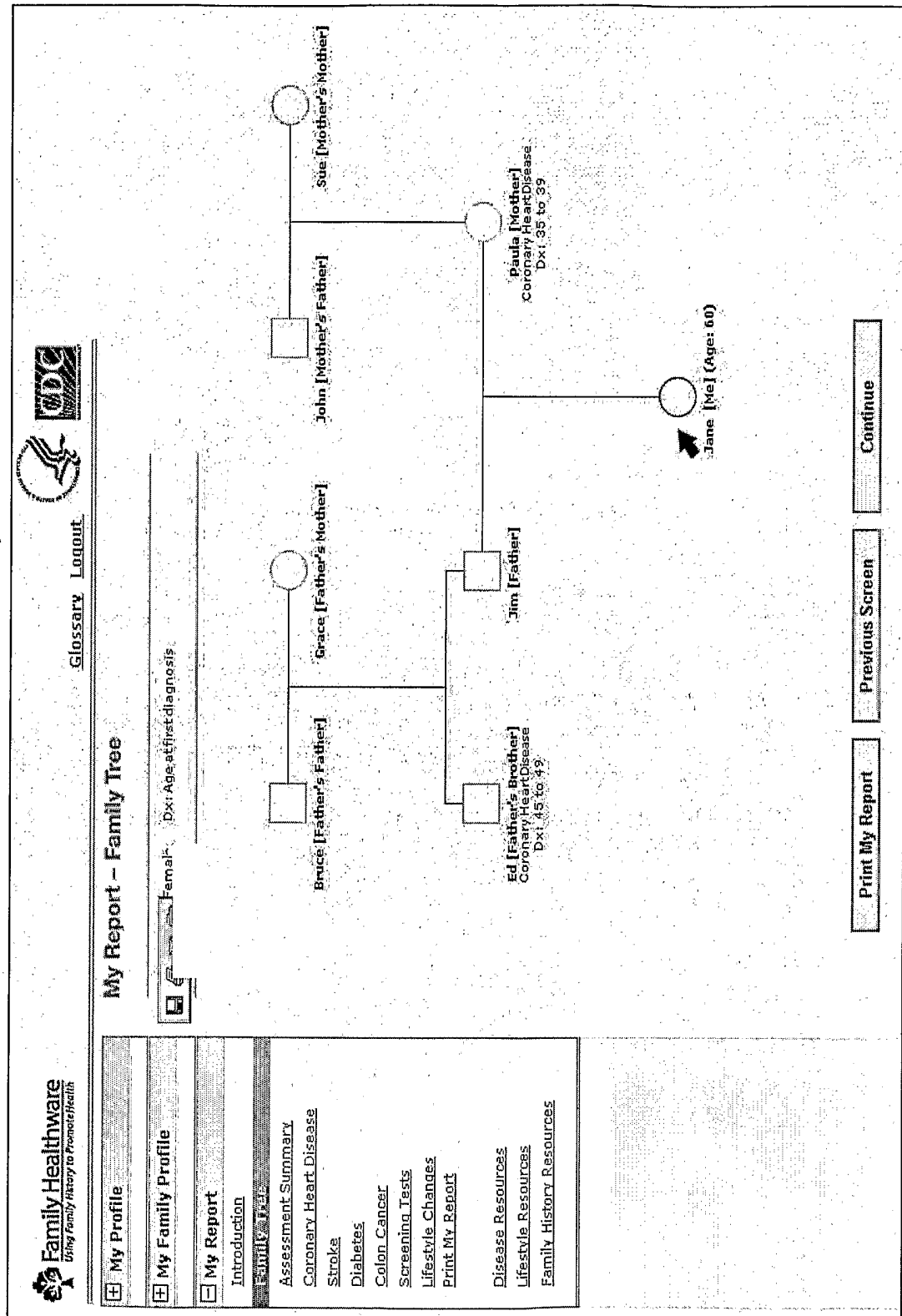


FIG. 55

5500





Family Healthware
Using Family History to Promote Health



Glossary **Logout**



My Profile

My Family Profile

My Report

Introduction

Family Tree

Assessment Summary

Coronary Heart Disease

Stroke

Diabetes

Colon Cancer

Breast Cancer

Ovarian Cancer

Screening Tests

Lifestyle Changes

Print My Report

Disease Resources

Lifestyle Resources

Family History Resources

My Report - Assessment Summary

Learn more about family history as a risk factor for disease.

Disease:	Family history's impact on risk:
Coronary Heart Disease	STRONG
Stroke	WEAK
Diabetes	WEAK
Colon Cancer	WEAK
Breast Cancer	WEAK
Ovarian Cancer	WEAK

Print My Report

Previous Screen

Continue

FIG. 56

5600

		Logout					
My Report- Assessment							
Based on your responses to Family Healthware, your health history and your family history increase your risk for:							
<table border="1"> <thead> <tr> <th>Disease</th> <th>Risk Level</th> </tr> </thead> <tbody> <tr> <td>Breast Cancer</td> <td>Much Above Average</td> </tr> </tbody> </table>		Disease	Risk Level	Breast Cancer	Much Above Average	Learn More > Learn More >	
Disease	Risk Level						
Breast Cancer	Much Above Average						
You are at much above average risk for Breast Cancer because your mother had breast cancer before age 50 and your sister had ovarian cancer. Close You are at much above average risk for Breast Cancer because your mother had breast cancer before age 50 and your sister had ovarian cancer. Important health risks for these diseases, and screening tests that and screening and referral to a specialist. Talk to your family members about your increased familial risk for disease; it is likely to impact their health too. Based on your responses to the Family Healthware program, your personal and family health histories do not put you at increased risk for coronary heart disease, stroke, diabetes or colon cancer.							
Previous Screen		Save & Continue					
My Profile							
1 Username/Password 2 Personal Information 3 My Health History 4 Health Behaviors 5 Screening Tests							
My Family Profile							
6 Add Family Member 7 Son, William 8 Daughter, Marisa 9 Brother, Matthew 10 Sister, Mary 11 Father, Joe 12 Mother, Paula 13 Father's Brother, Ed 14 Father's Brother, Gary 15 Mother's Brother, Carl 16 Mother's Sister, Eva 17 Father's Father, William 18 Father's Mother, Pamela 19 Mother's Father, Carl 20 Mother's Mother, Thea							
My Report							
21 Family Tree 22 Assessment 23 Prevention Plan 24 Print Report							

FIG. 57

5700



Family Healthware
Using Family History to Promote Health

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My Report – Coronary Heart Disease

The impact of your family history on Coronary Heart Disease risk is:

STRONG

Why your family history is a risk factor:

- At least one family member with coronary heart disease at a young age. Early-onset disease is a sign of a greater number of cardiovascular risk factors.

The following can help reduce your overall risk:

Screening Tests

- You may benefit from blood sugar testing because of your family history. [Talk to your health professional.](#)
- Get your blood pressure checked.
- Continue cholesterol testing.

Lifestyle Changes

- Maintain a healthy weight.
- Continue to avoid smoking.
- Increase your physical activity.
- Continue to eat at least 5 servings of fruits and vegetables a day.

FIG. 58

5800

The screenshot displays the 'Family Healthware' application window. At the top, there is a navigation bar with links for 'Glossary' and 'Logout'. The main content area is titled 'My Report - Coronary Heart Disease'. Below this title, there is a section for 'The impact of your family history on Coronary Heart Disease risk is:' which shows a 'STRONG' risk level. A detailed text block explains that cholesterol testing should include a measure of total cholesterol, low density lipoprotein (the 'bad' cholesterol), high density lipoprotein (the 'good' cholesterol), and triglyceride. It advises that if lifestyle and/or cholesterol levels are high or abnormal, changing lifestyle and/or taking medication can reduce the risk of coronary heart disease and stroke. Due to an increased risk, the user is advised to test for other cardiovascular risk factors. The report also mentions that the user should test their cholesterol and that the results are being treated for. A list of lifestyle changes is provided, including maintaining a healthy weight, continuing to avoid smoking, increasing physical activity, and eating at least 5 servings of fruits and vegetables a day. The bottom of the window features a sidebar with links to 'Disease Resources', 'Lifestyle Resources', and 'Family History Resources'.

Family Healthware
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My Report - Coronary Heart Disease

The impact of your family history on Coronary Heart Disease risk is: **STRONG**

Your cholesterol testing should include a measure of your total cholesterol, low density lipoprotein (the "bad" cholesterol), high density lipoprotein (the "good" cholesterol), and triglyceride. If your cholesterol levels are high or abnormal, changing your lifestyle and/or taking medication can reduce your risk of coronary heart disease and stroke. Due to your increased risk, you may need to test for other cardiovascular risk factors. Ask your health professional how often you should test your cholesterol. This will depend on your cholesterol levels, other risk factors, and if you already are being treated for coronary heart disease. Talk to your health professional.

Lifestyle Changes

- Get your blood pressure checked.
- Continue cholesterol testing.
- Maintain a healthy weight.
- Continue to avoid smoking.
- Increase your physical activity.
- Continue to eat at least 5 servings of fruits and vegetables a day.

Disease Resources
Lifestyle Resources
Family History Resources

