"Compiling Your Medical Family Tree"
British Interest Group of Wisconsin and Illinois (BIGWILL)
November 17, 2018 with Marsha Peterson-Maass

The four most important points to take away from today's presentation:

1) A Predisposition = that you only have a greater risk of manifesting a certain medical condition than the general public.
2) Any amount of <u>accurate</u> Predisposition info about your Medical Family History you bring to your physician can be helpful (especially if you can find any Date of Disease Onset info).
3) We must **not** self-diagnose our own health based on medical Predispositions → get expert advice.
4) If possible, compile your MFT using both the genealogical research method + DNA SNP Predisposition results.

What is your Medical Family Tree?
- The genealogical approach *(page 3)*
- The "current" Commercial DNA approach . . . www.23andMe.com "HEALTH" test results
- Three brief Medical Family Tree Case Studies *(pages 4-5)*

Why are your Primary and Secondary Health Relatives the most important?
- Some basic biology *(page 8)*
- Shared genes *(page 9)*
- *"Identify Your Health Relatives" blank form (pages 10-11)*

Examining the completed Medical Family Tree chart and Predisposition Results Sheet
- Medical Family Tree *(pages 28-29)*
- *"Medical Family Tree" blank form (pages 30-31)*
- Predisposition Results Sheet *(pages 36-37)*
- *"Predisposition Results Sheet" blank form (pages 38-39)*

Relevant Concepts to help you understand your Medical Family Tree as you compile it
- Predispositions *(page 34)*
- Patterns *(pages 32-33)*

The 7 Steps to compiling your Medical Family Tree using the genealogical approach
- The Seven Steps *(Steps outline on pages 6-7 . . . Compilation details on pages 14-40)*
- The National Society of Genetic Counselors (headquartered in Chicago)
  https://www.nsgc.org/

The Concern of Health Privacy
- Several privacy considerations *(page 40)*

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