



**Optimal Health  
and Wellness**

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Name \_\_\_\_\_

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Have you ever wondered why doctors spend so much time asking you about your family medical history? The answer is simple. The diseases that affected your relatives are often a good indicator of the diseases you may be most vulnerable to. It is one of the best guides to follow when planning what screening tests you should have. It could also provide a clue to the cause of a new symptom or condition affecting you. The reason your family history is so important is due to the power of genetics.

**Instructions: From the list of conditions listed in the column on the left place a check (✓) in the columns below your family member that have it now or had it during their lifetime. The abbreviations MGM = Maternal Grand Mother, MGF = Maternal Grand Father, PGM = Paternal Grand Mother, PGF = Paternal Grand Father.**

<b>Family Member</b>	<i>Son(s)</i>	<i>Daughter(s)</i>	<i>Sister(s)</i>	<i>Brother(s)</i>	<i>Mother</i>	<i>Father</i>	<i>MGM</i>	<i>MGF</i>	<i>PGM</i>	<i>PGF</i>
(A)live/(D)eceased										
Breast Cancer 174.9										
Colon Cancer 153.9										
Uterine Cancer 184.9										
Ovarian Cancer 183.0										
Lung Cancer 162.9										
Pancreatic Cancer 157.9										
Rectal Cancer 154.1										
Gastric Cancer 151.9										
Cervical Cancer 180.8										
Malignant Melanoma 172.9										
Esophageal Cancer 150.9										
Liver Cancer 155.0										
Hodgkin's Lymphoma 201.90										
Throat Cancer 162.0										
Leukemia 208.90										
Lymphoma 202.00										
Brain Cancer 191.9										
Skin Cancer 232.9										
Prostate Cancer 233.4										
Bladder Cancer 188.9										
Kidney Cancer 189.0										
Lip Cancer 230.0										
Tongue Cancer 141.9										

Notes: \_\_\_\_\_  
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Menigioma 225.2										
High Cholesterol 272.0										
Heart Attack 410.90										
Coronary Artery Bypass Graft										
Coronary Artery Stint procedure										
Coronary Artery Balloon										
Pulmonary embolism 415.19										
High Blood Pressure 401.1										
Transient Ischemic attack TIA 435.9										
Congestive Heart Failure 428.0										
Angina 413.9										
Cerebral Aneurysm 437.3										
Atrial Fibrillation 427.31										
Peripheral Artery Disease 443.9										
Phlebitis of the legs 451.2										
Blood Clots 453.9										
Stroke 432.9										
Aortic Valve Replacement										
Mitral Valve Replacement										
Thoracic Aortic Aneurysm 441.2										
Heart Pacemaker										
Abdominal Aortic Aneurysm 441.4										
<b>Family Member</b>	<u>Son(s)</u>	<u>Daughter(s)</u>	<u>Sister(s)</u>	<u>Brother(s)</u>	<u>Mother</u>	<u>Father</u>	<u>MGM</u>	<u>MGF</u>	<u>PGM</u>	<u>PGF</u>
Rheumatic Heart Disease 398.90										
Systemic Lupus Erythematosus 710.0										
Rheumatoid Arthritis 714.0										
Systemic Sclerosis 710.1										
Dermatomyocytis 710.3										
Gout 274.9										
Total Hip Replacement										
Arthritis Hip 715.15										
Arthritis Knee 715.16										
Total Knee Replacement										
Arthritis Back 715.20										
Back Surgery										
Arthritis Neck 715.00										
Neck Surgery										
Spinal Stenosis 724.00										
Osteopenia 733.09										
Osteoporosis 733.01										
Ankle Fracture 824.8										
Humerus Fracture 812.20										
Hip Fracture 820.01										
Femur Fracture 821.00										
Back Fracture 805.00										
Wrist Fracture 814.00										
Pelvic Fracture 808.8										
Drug Addiction 304.90										

Notes: \_\_\_\_\_

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Tobacco Use 305.1										
Anxiety 300.2										
Depression 311										
Excessive Alcohol Use 305.00										
Duchenne muscular dystrophy 359.1										
Phenylketonuria 270.1										
Marfan's Syndrome 759.82										
Sickle Cell Anemia 282.60										
Cystic fibrosis 277.00										
Tay-Sachs disease 330.1										
Neurofibromatosis type I 237.71										
Multiple Sclerosis 340										
Cystic Fibrosis 277.00										
Kidney stones 592.0										
Polycystic Kidney Disease 753.12										
Kidney Failure 586										
Kidney Transplant										
Asthma 493.90										
Crohn's Disease 555.9										
Ulcerative Colitis 556.9										
Hemochromatosis 275.01										
Cirrhosis of the liver 571.2										
Celiac disease 579.0										
Glaucoma 365.9										
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Macular Degeneration 362.50										
Seasonal Allergies 477.9										
Year round Allergies 477.0										
Diabetes Type I (youth onset) 250.01										
Diabetes Type II (Adult onset) 250.00										
Hypothyroid (Underactive) 244.9										
Hyperthyroid (Overactive) 242.90										
Polycystic Ovary Syndrome 256.4										
Obese 278.00										
Overweight 278.02										
Cushing's Disease 255.0										
Hyper parathyroid 252.00										
Infertility (628.9/606.9)										
Bald or hair loss 704.00										
Parkinson's Disease 32.1										
Blindness 369.4										
Deafness 389.9										
Alzheimer's Disease 331.0										
Dementia 290.0										

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