

Family History and Health Screenings

Now, a health minute.

Studies show a family history of certain diseases can increase a person's risk for that disease.

A man's risk for prostate cancer increases after age 50 but this risk is higher with a family history before the age of 50.

For women breast cancer risk is highest after age 60 but women with a strong family history should have regular mammograms before age 40.

Anyone with a family history of colorectal cancer should get regular colonoscopies starting at age 40, or 10 years before their family member was diagnosed.

A family history of heart disease should get patients in for checkups beginning in their late teens and early 20s.

The bottom line - a family history of disease means that early screenings and tests before any signs or symptoms develop can be the best prevention.