

Student's Name

Professor's Name

Course

Date

## Family Health and Heredity

### **Immediate Family's Health: Mother, Father, and Siblings**

My immediate family is composed of my father, mother, myself, and my eight years old brother.

Born in 1965, my father is a sanitation officer, while my mother remains a nurse practitioner having been born in 1970. Mostly, the prevalence of brief and severe diseases remains minimal in our family, while that of chronic ones is more imminent. Precisely, my father has previously suffered from hypertension/high blood pressure, hypercholesterolemia, and stroke, while my mother has also suffered from chronic cough. In my father's case, it is possible to believe that these conditions have emerged from a genetic perspective, especially high blood pressure and hypercholesterolemia as the history of my paternal extended family has numerous incidences in which individuals have suffered from these conditions. Conversely, no genetic or historical relations remain attached to the case of chronic cough concerning my mother. Therefore, it is not genetically inherited as cough has no link with other or previous relatives in her family tree. Currently, both my brother and I have experienced no signs of the conditions that have affected or continue to influence our parents.

### **Extended Family's Health**

I conversed with a family member, an uncle, regarding our relatives (both maternal and paternal) and discovered some facts about acute and chronic diseases. For example, two individuals who attracted my attention from the maternal side were my grandmother and uncle. Notably, the

former suffered from high blood pressure, lung cancer, and heart attack, while the latter suffered from hypertension alone. While my grandmother was a pastry chef, my uncle was a blacksmith. Later, my grandmother died from the heart attack. From the paternal side, my aunt had a history of suffering from osteoarthritis and stroke, while an uncle was exposed to both stroke and hypertension. The former had no job, while the latter was a retired correction officer. Overall, I can conclude that hypertension and stroke appear to exist historically in the family links.

### **Analysis of Diseases and Family**

An analysis of the family tree in both our nuclear and extended families reveals the existence of various diseases that appear to be genetically transmitted. Precisely, they seem to affect many individuals with direct blood ties. They include high blood pressure, hypercholesterolemia, chronic cough, heart attack, and stroke. Moreover, there is an instance of lung cancer which I would consider behavioral because it is an isolated case and affected only one individual.

Another reason for this deduction would be the fact that it is not predictable genetic trend. Only my grandmother has suffered from it, and there are no such occurrences in the preceding generations. However, the other five, high blood pressure, hypercholesterolemia, chronic cough, heart attack, and stroke appear to have a consistent trend in both the paternal and maternal families.

### **What I Must Do to Minimize Risks**

Since stroke is prevalent in my family, both my brother and I are at risk. To prevent the probability of having stroke and to minimize the hazard, I must avoid fatty and salty foods. In addition, I must exercise regularly and watch on my weight. Regarding hypertension, I should maintain healthy weight, ensure consistent balanced diet, limit the consumption of alcohol, exercise regularly, and monitor my blood pressure consistently. Lastly, minimizing

hypercholesterolemia may include avoiding saturated fats, eating more whole grains, fruits, and vegetables, limiting the consumption of cholesterol, and consuming fatty fish (Moulton). In such a way, the mentioned trends can help prevent me from getting a stroke, high blood pressure, heart attack, and hypercholesterolemia.

Work Cited

Moulton, Sandra A. *Managing Hypertension: Tools to Improve Health and Prevent Complications*. North Carolina: McFarland & Company, Incorporated, 2016.