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News media calls to David Hass at (630) 682-7979, ext. 7374.

Traits like curly hair and dimples run in families; So do the risks for diseases like diabetes and cancer

Here's what you can do to learn about your family health history on DNA Day April 25

Curly hair, dimples and athletic ability are traits that may run in a family.

So do the risks for diseases such as asthma, diabetes, cancer and heart disease.

Knowing your family's health history will help you know more about your own health. National DNA Day is April 25. The DuPage County Health Department is joining organizations across the nation to raise awareness about issues related to genetics.

- Talk with your children, parents, brothers, sisters, aunts and uncles about their health and the health of your grandparents and great-grandparents.
- Make a list of conditions or diseases each family member has had. How old were they when their diseases were detected? Keep your list updated.
- Start healthy habits like eating nutritious foods and exercising.
- Talk to your doctor about your family health history.

Want to talk with a genetic counselor about your health—at no cost?

Call toll-free (877) 300-4363 during business hours on April 25.

"We promote health, prevent illness and provide quality service"