

Uncovering your family health history may be beneficial in predicting the diseases you may experience. This is according to a study conducted by the Cleveland Clinic as reported in **FindLaw.com**. Family gatherings offer a great opportunity to learn you family medical history- which is most insightful if thoroughly gathered from both sides of the tree. 'Family history remains the best genetic tool we have, but health care providers are not taking advantage' of it, says Dr. Maren Scheuner of the Veterans Affairs Healthcare System in Los Angeles, who is leading a pilot project to add family cancer histories to the VA's electronic medical records at two area clinics." The U. S. Surgeon General offers a **website** which assists you in developing a family health history and sharing it via the internet with family members and health care providers.