



MEDIA ADVISORY
FOR IMMEDIATE RELEASE

April 24, 2008
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National DNA Day highlights importance of family health history

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 Kane County Health Department is joining organizations across the nation to raise awareness about issues related to genetics.

The Health Department will have National DNA Day posters on display at KCHD and its partner clinic sites; staff will be distributing handouts to clients in clinics and home visits; and staff will be informing community agencies about National DNA Day through AOK, Companernos en Salud and the Perinatal Committee about the day.

A free telephone genetic counseling/consultation is available from 7:30 a.m. to 4:30 p.m. on April 25 by calling (877) 300-4363 (1-877-300-GENE). Counselors can help callers with determining if testing is recommended, cost and insurance coverage for testing and where to locate specialists for various rare conditions. Counselors will be available for English and Spanish speakers.

In addition, the Health Department is encouraging residents to fill out their family health history by using the Surgeon General's Family Health Portrait Tool, located at <https://familyhistory.hhs.gov>.

- 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.

National DNA Day commemorates the anniversary of the discovery of the DNA double helix in 1956 and the completion of the Human Genome Project in 2003.

More information and resources about DNA and genetic related health is available at www.easylearngenetics.net.

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