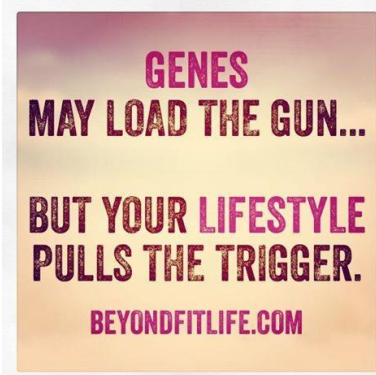


# Scientia Est potentia or Knowledge is Power

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January 7, 2017



## Proverbs 24:5

New Living Translation	<i>The wise are mightier than the strong, and those with knowledge grow stronger and stronger.</i>
English Standard Version	<i>A wise man is full of strength, and a man of knowledge enhances his might,</i>
New American Standard Bible	<i>A wise man is strong; And a man of knowledge increases power.</i>
King James Bible	<i>A wise man is strong; yea, a man of knowledge increaseth strength.</i>
GOD'S WORD® Translation	<i>A strong man knows how to use his strength, but a person with knowledge is even more powerful.</i>

**John 8:32** And you shall know the truth, and the truth shall make you free.  
Yes some people are afraid to visit a doctor for fear of the diagnosis may be dire.  
F.E.A.R = False Evidence Appearing Real

Knowing your family history can be a great tool to help you be motivated for a healthier lifestyle and have more control of your health. The US Surgeon General's office has an online toll to help you gather this information at <https://familyhistory.hhs.gov/FHH/html/index.html>

M O T H E R A Z G I C S	AUNT
U Z C R M N B C E X T C	CHOICES
T T L X D O H J N N S I	COUSIN
E N V I R O N M E N T T	DNA
S U M C I Y F R R Y J E	ENVIRONMENT
T A H C L C A A A K H N	FAMILY
I Y E I O P D T T Y B E	FATHER
N S M U D X G G I H X G	GENERATION
G A S N E Y R M O D E I	GENETICS
F I A S I B L I N G S R	GRANDPARENTS
N R E L Y T S E F I L E	LIFESTYLE
G E R U T A N E L C N U	MOTHER
	NATURE
	SIBLINGS
	TESTING
	UNCLE

## Take the Family History and Disease Risk Quiz

1. People who have a close family member with a disease may have \_\_\_\_\_ of developing that disease compared with people who do not.
  - A. a lower chance
  - B. a higher chance
  - C. an equal chance
2. A heritable disease is the result of
  - A. a mutation (harmful change) in a gene inherited from a parent.
  - B. living in a polluted environment.
  - C. too much smoking or drinking.
3. A family member who appears healthy
  - A. will always be healthy.
  - B. clearly has no risk factors for disease.
  - C. could be at risk for developing a disease.
4. The risk of developing a disease can increase if a family member
  - A. gets the disease at an earlier age than usual.
  - B. gets the disease at an older age than usual.
  - C. is treated successfully for the disease.
5. A family health history is about relatives who are related by
  - A. marriage.
  - B. blood.
  - C. marriage and blood.
6. Important health questions to ask relatives include
  - A. age or date of birth.
  - B. chronic and serious health conditions, such as heart disease and cancer.
  - C. age when they developed these health conditions.
  - D. all of the above.
7. It's important to ask what countries family members came from because
  - A. some heritable diseases occur more often in certain population groups.
  - B. different diets can influence disease risk.
  - C. different living environments can influence disease risk.
  - D. all of the above

8. Can a family health history help an adopted child?
- A. No, it's impossible to get information about birth parents' health.
  - B. Yes, adoptive parents' health is related to the child's health.
  - C. Yes, but the information you can get might be limited.
9. You should share your family's health history with
- A. your accountant.
  - B. your lawyer.
  - C. your doctor or health care professional.
10. A person's level of disease risk depends partly on
- A. the current ages of relatives.
  - B. the number of children he or she has.
  - C. the number of relatives with the disease.
11. Genetic testing shows if someone has
- A. a contagious disease.
  - B. a genetic mutation.
  - C. the flu.
12. A family health history should be updated when
- A. babies are born.
  - B. relatives die.
  - C. a family member develops a new illness.
  - D. all of the above.



"How much longer do I have before I have to change to a healthy lifestyle?"



"Eat less, exercise more and alter your genetic code with the DNA of thin parents."