

# The importance of knowing your family medical history

When visiting a physician for the first time, patients may notice an extensive section on family history on one of the requisite forms they fill out before meeting the doctor. Though it can be hard to remember family members' conditions, doctors have good reason to ask about their patients' family's medical histories.

Family medical histories can be vital to one's own health care. The National Center for Biotechnology Information states that family history might be one of the strongest influences on a person's risk for developing cancer, heart disease, stroke, diabetes, and more. While you cannot modify your genetic makeup, knowing your family's medical history can help you take the steps necessary to protect yourself.

Family history reports can serve as warning signs for illnesses. These clues can help doctors

prescribe certain screening tests at earlier ages to catch potential diseases when they are most treatable. For example, the U.S. National Library of Medicine says that healthcare professionals may recommend more frequent screenings (such as mammography or colonoscopy) and screening at an earlier age for people at an increased risk of certain cancers. Doctors may recommend biannual checkups to stay apprised of any changes in health that may signal a risk.

A thorough health care professional will record your family medical history and ask you to update it routinely in an effort to ensure you get the best, most effective care possible. You can help the process by having the information needed at the ready. The Centers for Disease Control and Prevention suggests the following.

- Talk to family. Make a list of close family

members and discuss any conditions or issues they might have had and at what ages.

- Learn about chronic diseases. Speak to your relatives about chronic diseases like diabetes or high blood pressure, being sure to ask how severe such issues were and if any required hospitalization.

- Plot your ancestry. Learn about your ancestry and if any medical issues are more common among people who share that ancestry.

- Record everything you learn. Keep the information where it can be easily accessed and updated. For example, My Family Health Portrait is a free web-based tool to organize family health information and share it with doctors.

Family history plays a key role in how doctors will approach patients' treatment and preventive care.

## Country View Living Construction Coming to an End

Construction of a new long-term care and assisted living facility in Dimmitt, Texas is quickly coming to an end. Castro County Hospital District is building and will be responsible for the new facility, Country View Living. The 45,000 square foot facility featuring a separate chapel, rehab area, fitness room, salon, community room and six outdoor patios will accommodate just about every need of the residents.

The facility has a total of 54 beds and five assisted living apartments. There are 26 private rooms and 14 semi-private long-term care rooms. Each wing has a nurse's station for continuous monitoring of all residents.

Castro County Hospital District has partnered with Luby's Culinary Services to provide the meals for all the residents. Along with Luby's came the opportunity to have a Starbucks in house along with being able to offer Fuddrucker's Express. These services will also be offered to the community.

"This will give the community another place to dine and help our residents continue to feel like they are a part of the community and enjoy outside interactions" said Laura Kimbell, Country View Living's Administrator.

The facility will offer numerous enriching activities for the residents. Among these are art classes, day trips, book club and fitness activities. "We feel that we are going to have a state of the art facility, and it fits our mission statement of providing high quality, ethical and cost-effective services" said Henry Ramaekers, Chairman of the Board of Directors. "We feel that we will be fulfilling a need for the elderly of our county and surrounding areas, and we are proud of that."

"We are excited about what this facility will bring to Castro County and the surrounding area," said Linda Rasor, CEO for CCHD. "We are extending our CCHD family and want our team to be your family's choice for senior living, allowing them to stay close to their family and friends, enjoy great food and many activities".

Country View Living anticipates opening and begin admitting residents mid-to-late February. For more information on the facility or to place yourself or a family member on the waitlist, please contact Laura Kimball at 806-647-2984 or visit our website at [www.countryviewtx.com](http://www.countryviewtx.com).

**COMING SOON!**  
*Construction Coming to an End at  
the new long-term care and  
assisted living facility!*

**Country View Living**

701 Butler Blvd, Dimmitt, TX 79027

Country View Living is proud to partner with Luby's and Starbucks to serve both our residents and our community!

**Luby's, etc.**

**FUDDRUCKER'S**  
Express



(806) 647 - 2984

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