



Did you know these conditions run in families?

The World Health Organization celebrates World Health Day on 7 April annually. This year the theme was depression. Since we've already in a recent issue of eBounce have already discussed mental health, we would like to tell you about some of the most common medical conditions that run in families.

Does this run in your family?

- **Depression** is not feeling unhappy or listless for a week or even longer. When a person is depressed, symptoms continue for weeks or months. If you know this runs in your family and feelings of sadness or hopelessness interferes with everyday functioning, consult a GP, psychologist or psychiatrist.
- **Diabetes** is when a person's blood sugar is unstable. Their body does not produce enough insulin, or the body's cells don't respond properly to insulin – or both. If a member of your family has diabetes, and you are overweight, it might be a good idea to see your GP.
- **Asthma** makes breathing difficult. If you have family members who regularly cough, wheeze, are short of breath or complain of a "tight chest", they may have asthma. The early stages of asthma are more annoying than serious, but untreated asthma can be dangerous.
- **High cholesterol** can cause fatty deposits in blood vessels which make it difficult for enough blood to flow through the arteries. This increases the risk of a heart attack and stroke. It usually has no symptoms, but is detected using a blood test.
- **High blood pressure** can cause heart attack or a stroke and can even lead to kidney failure in the long term. You can't feel how high your blood pressure is and it usually doesn't have symptoms. The only way to detect high blood pressure is to have your blood pressure measured.

Don't let your family history repeat itself

Speak to your doctor or pharmacist if any of these conditions run in your family. Exercising and eating healthy food can reduce your risk of developing them. If you've been diagnosed, follow the treatment your doctor prescribes and ask if changing your lifestyle will help.

