



# hATTR Compass: YOUR FAMILY TREE

Use this family tree template to follow how the gene for hereditary ATTR amyloidosis has been passed down through your family. This document will make it easy to see how the transthyretin (*TTR*) gene variant and disease has been passed down through your family members. You can also keep track of the different symptoms, family history and treatment that each family member had.

Start by filling out the “YOU” box in the family tree and work your way up to your parents and grandparents. There’s also space to fill in for your siblings, cousins, nephews, nieces and children.

You can also keep track of who has been tested in your family and encourage those who haven’t to be empowered in their healthcare and consider if genetic testing is right for them.

Please turn to the back page for some thought starters and potential questions on how to discuss hereditary ATTR amyloidosis with polyneuropathy and genetic testing with your family.

In addition to tracking your family history with hereditary ATTR amyloidosis, it’s important to understand how the disease manifests in your family. Feel free to use the following prompts to help you start the conversation with your family:

**What have been the leading/most obvious symptoms in your family?**

---

---

**At what age did family members start to show symptoms?**

---

---

**Which doctors did your family members go to for diagnosis?**

---

---

**How do you encourage your family members to get tested for hereditary ATTR amyloidosis?**

---

---

**Are there any tips your family uses to help you manage your hereditary ATTR amyloidosis symptoms?**

---

---

**Are any family members on treatment to manage their disease (e.g. medication, transplants, etc.)?**

---

---

**Are your family members active in support groups for hereditary ATTR amyloidosis? What do they find helpful?**

---

---



Call our no-cost information line for education on hereditary ATTR amyloidosis and testing. Staff are available from 9 am ET / 8 am CST – 6pm ET / 5pm CST to answer your questions.  
**1-888-705-5526**

You can also visit  
[hATTRCompass.com](https://hATTRCompass.com) and  
[hATTRChangeTheCourse.com](https://hATTRChangeTheCourse.com)  
for more information and resources.

