

BECOMING a FAMILY “AMBASSADOR” for HHT

1. Telling Your Family about HHT: Please Don’t Shoot the Messenger

- Expect denial, resistance, anger
- Be prepared with information, resources, and referrals

2. Divide and Conquer

- Talk to parents, siblings and children individually.
 - Use a different approach depending on your relationship with each person and their strengths and weaknesses
 - Change your approach based on the person’s age and ability to understand HHT
- Talk to nieces, nephews, aunts, uncles and cousins
 - Your nieces and nephews may be able to influence their parents (your siblings)
 - Your aunts and uncles may be able to influence their children (your cousins)
 - These family members can help get the word out to extended family members you might not know

3. Have a Family Reunion (or Email Blast)

- At your next Thanksgiving or Christmas, give your family a presentation about HHT
- Send out a “blast” of letters or emails to your whole family, telling them about HHT

4. Make it Easy

- Consider having genetic testing, so your family can be tested easily
- Ask relatives to chip in to test one family member with HHT

5. Locate Long Lost Relatives

- Ask your known relatives to help you find others they know of
- Use genealogy programs and the Internet to find far flung family
- When you find them, tell them about HHT
- Go back to Step #1!