

Your Breast Cancer Risk Assessment

585-754-3315

Your Name:		
Your E-Mail:		
Your Tel:		
	Your risk factors of getting cancer	Score
1. Family History	- Add 15 points if you, your mother, sister, or daughter has had breast cancer (15 points maximum). If you scored 15 points, skip to <u>2. Age</u> . - Add 10 points maximum if your grandmother, aunt, or cousin has had breast cancer (maternal or paternal).	
2. Age	Add the following number to your score: Double your age, round to the nearest 10 and drop the 0 (ex. Age 46: 46 x 2 = 92. Round to 90, and drop the 0. You have 9. Add add 9 points).	
3. Pregnancy	Add 1 point if 1 st pregnancy was in teenage years; Add 2 points if 1 st pregnancy was in twenties; Add 3 points if 1 st pregnancy was in thirties; Add 4 points if 1 st pregnancy was forties; Add double your age points if you had no pregnancies.	
4. Birth Control	Add to your score the number of years on birth control, divided in half (ex. If 6 years on birth control, add 3).	
5. Menopause	Add 1 point for each 8 years since menopause.	
6. HRT	Add 1 point for each 5 years on hormone therapy.	
7. Weight	Add 1 point for each 20 pounds overweight.	
8. Biopsy	Add 1 point for each biopsy.	
9. Ethnicity	Add 1 point if you are African-American or Jewish.	
10. Nursing	SUBTRACT 1 point for each child nursed for at least 1 month.	
11. Hysterectomy	SUBTRACT 1 point for each 5 years since you have had a hysterectomy.	
Score:	30 points or above = high risk 20 point or above = medium risk 19 points or less = low risk	