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1. How old are you?

... most women are diagnosed in these ages ...

30's
1 in 23340's
1 in 6950's
1 in 3860's
1 in 2770's +
1 in 8**2. How much estrogen have you been exposed to?**

I got my period during/after age 12.

I got my period before age 12.

I gave birth before age 30
and had several pregnancies.I have never had children,
or did so after age 30.

I have breast fed.

I have not breast fed.

I entered menopause before age 55.

I entered menopause after age 55.

I was a normal weight after menopause.

I was overweight after menopause.

I've not used birth control pills for 10 years or so.

I'm taking birth control pills now.

I have not used HRT (estrogen pills).

I have used HRT.

3. Do you have a relative who has had breast cancer?

No.

Still at risk, as 80% of women diagnosed
with breast cancer have no family history.

Yes.

Mother or father's side
still counts.My mother, sister
or daughter has had
breast cancer.
(This doubles your risk.)**4. Any breast conditions?**Breast implants do not
effect your risk.I have fibrocystic
(lumpy) breasts or dense breasts.I've had a biopsy before,
or found atypical hyperplasia.**5. Lifestyle habits?**I do not consume
alcohol.I occasionally have
an alcoholic beverage.I drink more than one
alcoholic beverage a day.

I exercise regularly.

I am somewhat physically active.

I am rarely physically active.

YOUR SCREENING PLAN. Talk with your doctor about your screening plan.**Decide how often you should do the following and at what age:****self-exam:****clinical exam:****mammogram:**

If you are at a higher risk, about other diagnostic tools such as mri, ultrasound, etc.