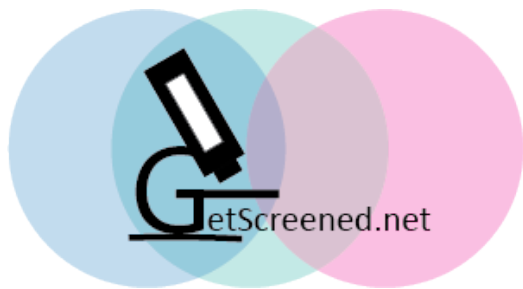


Know Your Cancer Risk Factors and Share Them with Your Healthcare Provider



A cancer risk factor is any characteristic or experience that increases the likelihood of developing cancer. Because everyone's risk factors are different, it's very important to identify them and share them with your healthcare provider. Personal risk factors and family history are BOTH important. **Complete this form and take it with you to your next healthcare appointment.** Together, you and your provider can create a personal action plan to identify when and how to get screened, as well as ways to reduce your risk.

My Age _____

Breast Cancer

- 50 or older
- Early menstrual period before 12
- Late (after 30) or no pregnancy
- Not breastfeeding
- Starting menopause after age 55
- Taking hormones (certain types of contraceptive pills and some forms of hormone replacement therapy after menopause)
- Drinking alcohol
- Not being physically active
- Genetic mutations
- Personal history of breast cancer or certain non-cancerous breast diseases or pre-cancerous conditions (ask your doctor)
- Family history of breast cancer
- Having dense breasts
- Previous treatment using radiation therapy
- Having taken the drug diethylstilbestrol (DES)
- Being overweight or obese after menopause

Colorectal Cancer

- 50 or older
- A personal or family history of colorectal cancer or colorectal polyps
- Genetic syndromes like familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer – Lynch syndrome (ask your provider)

Mark Any Personal Risk Factors That

Cervical Cancer

- No regular Pap tests
- Persistent HPV (human papilloma virus)
- Having several sexual partners
- Unprotected sex
- Smoking
- Using birth control pills for a long time (five or more years)
- Having given birth to three or more children
- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems

- Inflammatory bowel disease, Crohn's disease or ulcerative colitis
- Lack of regular physical activity
- A diet low in fruit and vegetables
- A low-fiber and high-fat diet
- Overweight and obesity
- Alcohol consumption
- Tobacco use

Visit GetScreened.net for more information. Source: Centers for Disease Control And Prevention