

Breast Cancer Awareness

Most women at some point in their lives have thought about breast cancer. Just being female is the number one risk factor in developing breast cancer. It is also the most prevalent cancer among American women. But what about men? While it is not nearly as common, breast cancer is possible in men. LifeQuest wants to help you to understand risk factors associated with breast cancer and give you the knowledge necessary to conduct monthly breast self exams.

Assess Your Risk for Breast Cancer

1. Age Group
 - a. 20-34 (10)
 - b. 35-49 (40)
 - c. 50+ (90)
2. Racial Group
 - a. Asian (5)
 - b. African - American (20)
 - c. Non-Hispanic White (25)
 - d. Hispanic (10)
3. Family History
 - a. mother, sister, aunt, or grandmother diagnosed with breast cancer (30)
 - b. none (10)
4. Your History
 - a. previous lumps or cysts (25)
 - b. no breast disease (10)
 - c. previous breast cancer (100)
5. Maternity
 - a. 1st pregnancy before 30 (10)
 - b. 1st pregnancy after 30 (15)
 - c. no pregnancy (20)
6. Breast feeding
 - a. breast fed for 6 - 8 months (10)
 - b. Never breast fed (20)
7. Obesity
 - a. within the recommended weight for your height (10)
 - b. weigh 20% or more than your recommended weight for height (20)

Total _____

If your total score is:

109 or less: You are at low risk. Continue to practice monthly breast self exams and yearly exams by a doctor. Get mammograms according to recommendations for your age.

110-209: You have a moderate risk. Continue to practice monthly breast self exams and have yearly checks by a doctor. Periodic mammograms should be given as advised by a doctor.

210 or more: You are at high risk. Practice monthly breast self exams and yearly exams by a doctor. Yearly mammograms are recommended.

This quiz is not intended to diagnose or take the place of medical advice. If you are concerned about your health, please talk to your health care provider.

Adapted from "Core Concepts in Health" Seventh Ed. 1996. Mayfield Publishing Company.

Breast Cancer Links

- [The American Cancer Society](#)
- [The Komen Breast Cancer Foundation](#)
- [Breast Cancer Medical Information](#)
- [Y-Me Breast Cancer Organization](#)
- [National Alliance of Breast Cancer Organizations](#)