

While this worksheet is intended to be used with the Better Breast Health *for Life!*™ Audio Workshop CD, use it to help identify and prioritize areas of opportunity to reduce your breast cancer risk. Circle the level of risk you suspect is in your life and act to reduce those factors that contribute the most risk.

Areas of Opportunity & Risk Factors for Which Women Have Some Control <small>(in the order each appears in the book, Better Breast Health <i>for Life!</i>™)</small>	Level of Added Risk
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Prolonged or Continuous		
Genetics & Estrogen	waist to hip ratio greater than .81	H
	Body Mass Index over 25	L to M
	* no full-term pregnancy	L
	* using HRT or estrogen useage now and have been for at least 5 years	L
	* used birth control pills for at least 5 years prior to first full term pregnancy	M to H
	* premature delivery before 32 weeks	L
	* termination of teenage pregnancy between weeks 9 and 24	EH
	improper estrogen metabolism or estrogen dominance	L
Environment	toxin or carcinogen exposure, i.e agricultural and petro-chemicals	H
	pollutant or chemical exposure, i.e. non-natural personal products	L to M
	radiation exposure to breasts aged 8-20 years old	L to M
	high-powered EMF (electromagmetic frequency) exposure	EH
Health & Lifestyle	exposure to electrical pollution from cell phones and other wireless devices	L to M
	irregular sleep patterns	L to M
	smoking of tobacco	L to M
	alcohol consumption of at least 10 drinks/week	L to M
	drink only small amount of pure water daily (far less than 1/2 oz/lb of body wt)	N
	lack of sufficient sunlight	L
	deep, long-lasting emotional trauma/stress	N
	low to moderate daily stress levels	L
	high daily stress levels	M
	wearing bras more than 12 hrs/day, everyday, particularly if not professionally "fitted"	M
	sedentary lifestyle with little or no exercise	L to M
	never cleanse bodily systems	N
	symptoms of chronic inflammation	L
	medication or drug use	L to M
	low iodine/underactive thyroid	L to M
Diet	diet is not organic or hormone free	N
	diet is not GMO free	N
	acidic diet vs alkaline diet	N
	cooked/refined diet vs raw diet	L
	low fiber diet, i.e. less than 30g per day	L
	majority of fat intake is not in the form of organic monounsaturated fats	L
	Omega 6:Omega 3 ratio exceeding 20:1	L
	diabetic or high glycemic (sugar/starch) diet and postmenopausal	L
	little or no nutritional supplementation	N
	microwaving as primary method of cooking	N

N** = no clinical risk L = Low; ≤ 2X M = Medium; > 2X and ≤ 5X H = High: > 5X and ≤ 10X EH = Extremely High; > 10X
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* These items represent typical lifetime events rather than prolonged or continuous situations.
 ** These items represent potential areas of opportunity to support good health, but have no clinically-established association with the development of breast cancer. These areas may be investigated in the future for their association with the development of breast cancer and added risk.