

This worksheet is intended to be used with the Better Breast Health - *for Life!*TM Audio Workshop CD and is designed to help you identify and prioritize areas of opportunity to reduce risk.

Areas of Opportunity & Risk Factors for Which Women Have Some Control (in the order each appears in the book, <i>Better Breast Health for Life!</i> TM)	Level of Added Risk
---	---------------------

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	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
	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 glycemc (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
--

* 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.