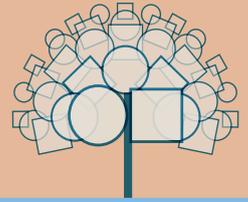


What is _____'s risk of breast cancer?

(relative's name)



How many of _____'s **relatives** listed in the **red** box have been diagnosed with breast cancer?

Any male relatives

Enter total number

Is the answer **1** or more? (Circle yes or no) **yes no**

How many of _____'s **first degree relatives** listed in the **blue** box have been diagnosed with breast cancer?

**Mother
Sister(s)
Daughter(s)**

Enter total number

Is the answer **1** or more? (Circle yes or no) **yes no**

How many of _____'s **second degree relatives** listed in the **green** box have been diagnosed with breast cancer?

**Grandmother(s)
Aunt(s)
Niece(s)**

Enter total number

Is the answer **2** or more? (Circle yes or no) **yes no**

If the answer is **yes** to any of these questions, he/she is at increased risk of breast cancer.

If your family member is at increased risk, tell him/her to talk to his/her doctor about how to prevent breast cancer.

Important:

Some families may have an inherited cancer syndrome. If you or your relatives have had cancer before the age of 50, multiple cancers, or recurring cancers, your family member should share this information with his/her doctor to see if genetic testing is recommended for your family.

Some tips that may help prevent and detect breast cancer...



Be physically active!

- Try to be active for at least 30 minutes most days of the week
- Take the stairs, walk, swim, garden, etc.



Eat fruits and vegetables for vitamins, minerals, fiber, and antioxidants:

- At least 1.5 cups of vegetables
- At least 1.5 cups of fruit