



# Breast Cancer Risk Assessment

Are you of Caucasian, Asian or Hispanic descent?	2
Do you consume non-organic dairy products?	2
Do you use any form of synthetic hormones?	2
Are you exposed to gas or diesel fumes?	1
Are you exposed to pesticides?	1
Do you wash all fruit with a fruit wash?	-1
Do you have a personal /family history of cancer, depression or PMS?	2
Do you consume lots of cruciferous vegetables?	-2
Do you smoke?	2
Do you drink alcohol?	1
Do you exercise vigorously at least three times per week?	-1
Is your body fat over 30%?	1
Do you use Tagamet or antidepressants?	2
Do you eat non-organic chicken eggs or beef?	1
Are you sensitive to chemical smells?	1
Are you hypothyroid or do you suspect that you are?	1
<b>Total</b> _____	

## Total Value

A total value of 0-6 is low risk

A total value of 7-12 is moderate risk

A total value of 13+ is higher risk

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