



Case 1: Ms. Green

	Characteristic	Individual Profile	Impact on Risk ↑↓-	Risk Reduction Action
Personal	Age	68 yr.		
	Age at first menstruation	13		
	Age at birth of first child	22		
	Time spent breast-feeding	6 months		
	Age at menopause	52		
	Long-term (5 yrs.) hormone replacement therapy	Yes		
	Previous diagnosis of breast cancer	No		
	Family history of breast cancer	No		
	Environmental	Alcohol use	None	
Diet high in fruits and vegetables		Yes		
Regular exercise		Yes		
Weight in healthy range		No		
Chest radiation therapy at 30yrs or younger		Yes		
Long term or heavy environmental exposure to PAHs		Yes		
Regular exposure to passive smoke		Yes		

