



Case 2: Ms. Violet

	Characteristic	Individual Profile	Impact on Risk ↑↓-	Risk Reduction Action
Personal	Age	50 yr.		
	Age at first menstruation	14		
	Age at birth of first child	27		
	Time spent breast-feeding	14 months		
	Age at menopause	Not applicable		
	Long-term (5 yrs.) hormone replacement therapy	No		
	Previous diagnosis of breast cancer	No		
	Family history of breast cancer	Yes		
	Environmental	Alcohol use	None	
Diet high in fruits and vegetables		Yes		
Regular exercise		Yes		
Weight in healthy range		Yes		
Chest radiation therapy at 30yrs or younger		No		
Long term or heavy environmental exposure to PAHs		No		
Regular exposure to passive smoke		No		

