



Case 3: Ms. Blue

	Characteristic	Individual Profile	Impact on Risk ↑↓-	Risk Reduction Action
Personal	Age	28 yr.		
	Age at first menstruation	12		
	Age at birth of first child	No children		
	Time spent breast-feeding	Not applicable		
	Age at menopause	Not applicable		
	Long-term (5 yrs.) hormone replacement therapy	No		
	Previous diagnosis of breast cancer	No		
	Family history of breast cancer	No		
	Environmental	Alcohol use	Three per day	
Diet high in fruits and vegetables		No		
Regular exercise		No		
Weight in healthy range		No		
Chest radiation therapy at 30yrs or younger		No		
Long term or heavy environmental exposure to PAHs		No		
Regular exposure to passive smoke		No		

