

Cancer Risk Factor Checklist

Directions: The following statements relate to factors that can put you at an increased risk for cancer. To identify your risk factors, check any statements that are true for you.

- I consume fewer than 2 to 2 1/2 cups of fruits and vegetables every day.
- I eat a diet that is rich in red meat and high in fat overall.
- I eat a diet that is low in fiber overall.
- I am overweight or obese.
- I am physically active for less than 30 minutes every day.
- I use tobacco (any form).
- I am exposed to tobacco smoke at work or at home.
- I drink more than one (women) or two (men) alcoholic beverages per day.
- I rarely use sunscreen.
- I am frequently exposed to sunlight and get tan whenever possible.
- I go to tanning salons or use a tanning lamp.
- I have been exposed to the Human papillomavirus (HPV).
- I have a family history of cancer.

If you have a family history of cancer, check any of the following family members who have had cancer. List the cancer type(s), and the age of the individual at diagnosis.

- Mother _____
- Father _____
- Sister _____
- Brother _____
- Paternal grandfather _____
- Paternal grandmother _____
- Maternal grandfather _____
- Maternal grandmother _____

Cancer Prevention & Self-Care

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A risk factor is anything that increases a person's chance of developing a disease.

A health care provider can recommend the best screening plan for you based on current screening guidelines, your age, family history and personal history of cancer.