



Personal Health Assessment

CANCER PROFILE

Age: 22 years

Sex: female

Here is your Cancer Prevention Report. It includes information about your lifestyle habits that have an effect on your health right now as well as in the years to come. We hope that as you read your report, you will come to realize that you can do many things to decrease your risk of cancer and to increase your sense of well-being.

CANCER PROFILE

Your Cancer Profile displays an evaluation of your cancer practices compared to those that would lead to optimal health. The goal is to move all the bars to the left toward the “very good” and “good” evaluations.



FAMILY HISTORY OF CANCER

Certain forms of cancer seem more likely to develop in some families than in others. However, many factors influence the development of cancer, especially personal behavior patterns. The occurrence of cancer in your family is shown below.



You reported cancer cases in your immediate family to be: none reported. This may mean that you are at less risk of developing cancer.

PERSONAL HISTORY OF CANCER

Many factors contribute to the occurrence of cancer, which usually develops slowly and may appear 5 to 40 years after exposure to cancer-causing agents. There are more than five million Americans alive today who have a personal history of cancer, and more than three million of them are cured.

You reported that you have not had cancer. Follow your doctor’s advice for diet and lifestyle to reduce your risk of developing cancer.

BODY WEIGHT

Men with more than 20% body fat and women with over 32% body fat are considered at higher risk for cancers of the colon-rectum, breast, uterus and prostate. Eating right and exercising (with your doctor’s approval) are the best ways to reduce body fat and your risk of associated cancer.



You answered that you are at the right weight. That’s great! You may be at less risk for cancers associated with body fat.



Personal Health Assessment

TOBACCO USE

At least **30%** of all cancer is caused by cigarette smoking and the use of smokeless tobacco, which have been associated with lung, larynx, oral and bladder cancers. Recent studies indicate that second hand smoke can increase your risk of cancer.



Interpretation: You are less likely to develop lung, oral and other cancers, because you do not smoke.

ALCOHOL USE

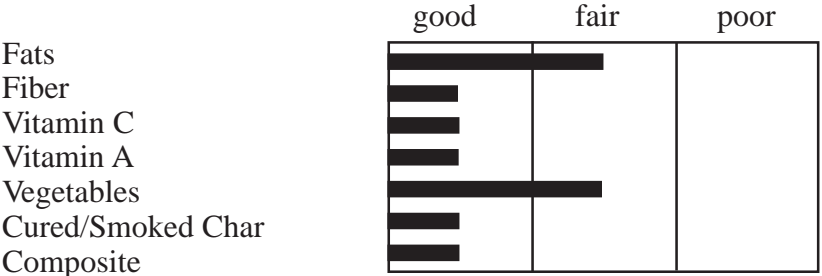
Alcohol is responsible for 3% of all deaths to cancer. Research suggests that more than 4 drinks a day may, over time, contribute to cirrhosis of the liver, which increases the risk of developing liver cancer by 40 times. Cancers of the mouth, larynx and esophagus are also associated with alcohol use.



Interpretation: You reported that you do not drink any alcohol. You are at lower risk for alcohol-related cancer. Continue to avoid alcohol consumption.

DIET/NUTRITION

According to recent research, about 35% of all cancer appears to be diet-related. Colon, breast, prostate, rectum, stomach, esophageal, lung, bladder, and larynx cancers have all been linked in some way to consumption of fats and/or lack of fiber, vitamins, and certain vegetables in the diet. Your answers to questions about diet were compared with American Cancer Society guidelines.



Dietary Fats: Consumption of fats has been linked with cancers of the colon, breast and prostate. Replace fat-marbled meats with lean meats or other forms of protein such as legumes and beans. Use low-fat or skim milk and milk products. Broil, boil, poach or bake foods. Eliminate or keep fried foods to a minimum.

Fiber: Diets that are rich in fiber help reduce the risk of cancers of the colon and rectum. You can achieve a good level of fiber in your diet by selecting whole grain cereals and high fiber breads. Eat plenty of fresh fruits and vegetables and, when possible, leave the skin on.

Vitamin C: Citrus fruits, kiwi, strawberries, peppers, and broccoli are high in Vitamin C. Diets that are high in Vitamin C seem to reduce the risk of stomach and esophageal cancers. At least two servings of Vitamin C foods should be included in the daily diet.

Vitamin A: Diets high in Vitamin A appear to reduce the risk of lung, bladder and larynx cancers. Carotene-rich fruits and vegetables (those high in vitamin A) are yellow-orange in color or have dark green leaves, such as: melon, winter squash, carrots, peaches, apricots, sweet potatoes, papayas, Swiss Chard, kale, spinach, romaine, escarole, beet and other greens, endive, broccoli and watercress.



Personal Health Assessment

DIET/NUTRITION (Cont.)

Cabbage Family: Diets that regularly contain “Cabbage Family” vegetables are associated with a lower incidence of colon cancer. Cabbage Family vegetables include: cabbage, cauliflower, broccoli, Brussels sprouts, radishes, rutabagas, turnips and watercress.

Salt-Cured/Smoked/Char-Broiled Foods: High use of salt-cured or smoked foods is associated with a number of cancers. Many foods especially meats containing nitrites, develop chemical carcinogens (cancer causers) when charred or blackened.

PHYSICAL ACTIVITY

A recent eight-year study has shown regular exercise can reduce the risk of cancer. Exercise contributes to muscle tone, decreased body fat and stress reduction. Have a medical check-up before beginning a new or up-graded exercise program.



Interpretation: You described your weekly exercise routine as very active. Include regular aerobic exercise for maximum benefit.

SKIN CANCER/TOXIC OR HAZARDOUS MATERIALS

More than 90% of skin cancer, the most common cancer, is caused by exposure to ultraviolet light. In addition, exposure to many hazardous materials has been linked to lung and skin cancer. Examples of these materials are: asbestos; coal; cotton or wood dust; vinyl chloride; nickel chromate; petrochemicals; and radioactive material; including X-rays.



Skin Cancer: Reduce your risk of developing skin cancer by using sunscreen lotions and wearing protective clothing in sunlight. Although anyone can develop skin cancer, those with lighter skin are at more risk.

You reported that you have noticed some patches of skin that have changed color or texture recently. Your doctor should examine your skin to determine the cause. You reported no changes in size, shape or color of moles. If this condition should develop in the future, have your doctor examine you.

Toxic/Hazardous Materials: You stated that you have not been exposed to toxic/hazardous materials on a regular basis. You have a lower probability of developing lung or skin cancer because of low exposure to hazardous materials.

CHECK-UPS

While self-examination is always important, regular medical examinations help your doctor identify changes that may need medical treatment. Medical treatment is more likely to be successful when a problem is discovered early. How often you should have exams depends on your age, sex, general health and doctor’s recommendations.

TAKE CHARGE

Use this Cancer Report and it related suggestions to begin making healthy changes in your lifestyle. By improving your health you can reduce your risk of cancer. TAKE CHARGE NOW!!!