



Breast Cancer Risk Assessment

Name: _____

Testing date: _____

Home Tel: _____ Work Tel: _____ E-mail _____

YOUR RISK FACTORS OF GETTING BREAST CANCER		Score
Family History	ADD 15 points maximum if you, your mother/sister/daughter has had breast cancer .If you score 15pts skip to question 2. ADD 10 points if your grandmother/aunt/cousin has had breast cancer (maternal/paternal)	
Age	Double your age, round to the nearest 10 and drop the zero (EXAMPLE: Age 26 x 2 = 52; round to 50 drop the 0, add 5 points)	
Pregnancy	ADD 1 point if 1 st pregnancy in teenage years ADD 2 points if 1 st pregnancy in 20's ADD 3 points if 1 st pregnancy in 30's ADD 4 points if 1 st pregnancy in 40's ADD double your age points if no pregnancies	
Birth Control	The number of years on birth control divided in half.	
Menopause	ADD 1 point for each 8 years since menopause	
HRT	ADD 1 point for each 5 years on hormone therapy	
Weight	ADD 1 point for each 20lbs overweight	
Biopsy	ADD 1 point for each biopsy	
Ethnicity	ADD 1 point if you are African-American or Jewish	
Nursing	Subtract 1 point for each child nursed for at least one month	
Hysterectomy	Subtract 1 point for each 5 years since you had a hysterectomy	
SCORE	30 points or higher = High Risk 20-29 points = Medium Risk 19 points of less = Low Risk	