

Know Your Risks

Good health begins with prevention—and prevention begins with up-to-date information. Below, discover health facts you may already know as well as some that you may be surprised to learn. Feel free to print this guide to reference or share with loved ones.

1. Did you know that you are at a higher risk for **Heart Disease** (including hardening of the arteries) if ...

- You have high cholesterol (over 200)
- You have lower than 30 HDL (high-density lipoprotein) or LDL (low-density lipoprotein) greater than 130
- You have high blood pressure, use tobacco or are obese
- You're a woman over the age of 55 who had premature menopause (under 40)
- You have family history of heart attack or sudden death (men under 55 and women under 65 years of age)
- You have family history of heart disease or personal history of diabetes, stroke or artery hardening in the brain, legs or abdomen

2. Did you know that you are at a higher risk for **Breast Cancer** if ...

- You are over 40 years old or overweight
- You have a family history
- You began your menstrual cycle earlier than 12 years old or started menopause after age 55
- You have a personal history of a precancerous lesion on a breast biopsy
- You gave birth over 35 years of age or have no children
- The consumption of more than 2 alcoholic drinks daily

3. Did you know that you are at a higher risk for **Colon Cancer** if ...

- You have a personal or family history of colon or rectal polyps
- You have a personal history of low B 12 or a family history of colon or rectal cancer
- You have a personal history of inflammatory bowel disease or breast, uterine or ovarian cancer
- You have a high-fat, low-fiber diet; are overweight or diabetic

4. Did you know that you are at a higher risk for **Cervical Cancer** if ...

- You have had multiple sexual partners or became sexually active before 20
- You use tobacco, have a family history of the disease or a personal history of genital warts or abnormal pap smears caused by Human Papilloma Virus HPV

5. Did you know that you are at a higher risk for **Uterine Cancer** if ...
- You have a family history or are overweight
 - You have never been pregnant or began a menstrual cycle younger than 12
 - You are infertile or do not ovulate
 - You have undergone prolonged estrogen therapy without progesterone but maintain your uterus
 - You have personal history of diabetes, high blood pressure or abnormal bleeding
6. Did you know that you are at a higher risk for **Prostate Cancer** if ...
- You have family history or a high-fat diet
 - You are African-American
7. Did you know that you are at a higher risk for **Bladder Cancer** if ...
- You use tobacco or have a family history
 - You have been occupationally exposed to dyes, leather or rubber
8. Did you know that you are at a higher risk for **Skin Cancer** if ...
- You have a fair complexion or excess sun exposure (especially children)
 - A history of abnormal moles
 - You have family history or are occupationally exposed to coal tar, pitch or radium
 - Melanoma can be associated with pancreatic cancer
9. Did you know that you are at a higher risk for **Lung Cancer** if ...
- You smoke or are often around people who smoke
 - You have family history or are occupationally exposed to asbestos, organic chemicals or mining
10. Did you know that you are at a higher risk for **Oral Cancer** if ...
- You use alcohol or tobacco or have had exposure to Human Papilloma Virus
 - You have a family history
11. Did you know that you are at a higher risk for **Pancreatic Cancer** if ...
- You are over 50 years old or overweight
 - You use tobacco products or have a family history
 - Pancreatic cancer can be associated with melanoma
12. Did you know that you are at a higher risk for **Ovarian Cancer** if ...
- You are older than 60 years old, have had no children
 - You have personal or family history of breast cancer, ovarian cancer or infertility