

Your Disease Risk: Relative Risks

Key: Scoring		
	(-) decr risk	(+) incr risk
1= weak	RR 0.7-<0.9	RR 1.1-<1.5
2= mod	RR 0.4-<0.7	RR 1.5-<3.0
3= strong	RR 0.2-<0.4	RR 3.0-<7.0
4= v.strong	RR <0.2	RR >7.0

Bladder Cancer

Risk factor	RR
Current smoking <15 cig/d	1.3
Current smoking 15-25 cig/d	2.3
Current smoking >25 cig/d	3.0
Worked unprotected with rubber/aluminum or exposed to aromatic amines 5-20 yrs	2.5
Worked unprotected with rubber/aluminum or exposed to aromatic amines over 20 yrs	5.0
Sibling or parent with a history of bladder cancer	1.5

Breast Cancer

Risk factor	RR
Sister had breast cancer	1.8
Mother had breast cancer	1.8
Mostly Jewish ethnicity	1.2
Height greater than 5'7"	1.3
Wt gain 22-44 lbs since age 18: postmen, no PMH.	1.61
Wt gain 45 lbs or more since 18: postmen, no PMH	1.99
Menarche at age 15 or older	0.8
Given birth 2 or more times	0.85
First birth age 35 or older	1.5
Breastfed 1 year or more	0.8
History of benign breast disease	1.5
Post-menopausal, reached menopause at 55 or older	1.2
Current use of OCP's	1.4
PMH: Estrogen alone, ≥ 5 yrs	1.3
PMH: Estrogen and progesterone, <5 yrs	1.3
PMH: Estrogen and progesterone, ≥ 5 yrs	2.3
Drinks 1 or more servings of alcohol per day	1.3
Multivitamin use (only asked to those who drink alcohol)	0.8
Physical activity 30 min or more on most days.	0.8
Tamoxifen/Raloxifene use ≥ 5 yrs	0.6

Cervical Cancer

Risk factor	RR
Current cigarette smoking >25 cig/day	1.3
First had sexual intercourse before age 16	1.5
Has had 3 or more male sexual partners over lifetime	3.0
Primary method of birth control is diaphragm/condom	0.5
Has given birth 1-2 times	1.3
Has given birth 3 or more times	2.3
Has had one or more sexually transmitted infections	2.0
Has had a Pap smear within the last 3 years	0.5

Colon Cancer

Risk Factor	RR
Height greater than 5'10" for men or 5'7" for women	1.3
BMI greater than 30	1.5
Has taken aspirin every day for 15 years or more	0.7
Has had chronic IBD for 10 yrs or more	1.5
Female: has taken OCP's for 5 years or more	0.7
Female: has taken PMH for 5 years or more	0.8
Eats 3 or more servings of red meat per week	1.2
Drinks 2 or more servings of alcohol per day	1.4
Takes a multivitamin on most days	0.5
No dietary milk or calcium supplement on most days	1.3
Vitamin D supplement on most days	0.6
Physical activity at least 30 minutes per day or 3 hours per week	0.6
Age >50 screened w/approved method in appropriate time period	0.67
Parent or sibling who has had colon cancer	1.8

Kidney Cancer

Risk Factor	RR
BMI greater than 30	2.0
Current cigarette smoker 15-25 cigarettes per day	1.3
Current cigarette smoker >25 cigarettes per day	2.0
Parent or sibling who has had kidney cancer	1.5
Hypertension (told had htn or given medication)	2.3

Lung Cancer

Risk Factor	RR
Current cigarette smoking <15 cigarettes/day	2.0
Current cigarette smoking 15-25 cig/day	5.0
Current cigarette smoking >25 cig/day	10.0
Quit smoking <2 years ago, past <15 cig/day	2.0
Quit smoking <2 years ago, past 15-25 cig/day	5.0
Quit smoking <2 years ago, past >25 cig/day	10.0
Quit smoking 2-10 years ago, past <15 cig/day	1.4
Quit smoking 2-10 years ago, past 15-25 cig/day	3.5
Quit smoking 2-10 years ago, past >25 cig/day	7.0
Quit smoking 10-20 years ago, past 15-25 cig/day	2.0
Quit smoking 10-20 years ago, past >25 cig/day	4.0
Never- or ex-smoker, lived with smoker most of life	1.3
Smokes 1 or more cigars/day for at least the past year	1.2
Worked unprotected with asbestos, < 5 years	2.0
Worked unprotected with asbestos, 5-20 years	5.0
Worked unprotected with asbestos, > 20 years	10.0
Worked unprotected with: aluminum, beryllium, bis(chloromethyl) ether and chloromethyl ether, cadmium, chromium, coke, mustard gas, radon, silica, or sulfuric acid mist, < 5 years	2.0
Worked with above chemicals, 5-20 years	5.0
Worked with above chemicals, >20 years	10.0
Worked unprotected with: arsenic smelting, coal gasification, iron or steel founding, < 5 years	2.0
Worked with above processes, 5-20 years	5.0
Worked with above processes, >20 years	10.0
Lived in or near a large city for 10 or more years	1.2
Eats 5 or more servings of fruits/vegetables per day	0.8
Sibling or parent with lung cancer	1.5

Ovarian Cancer

Risk Factor	RR
Has given birth 2 or more times	0.8
Has breastfed for 1 year or more	0.8
Has taken OCP's for 5 or more years	0.7
Has had fallopian tubes tied	0.6
Has had hysterectomy	0.8
Mother or sister with ovarian cancer	1.8

Pancreatic Cancer

Risk Factor	RR
Ht greater than 5'10" for men or 5'7" for women	1.7
BMI \geq 30	1.7
Current cigarette smoking, 15-25 cigarettes per day	1.3
Current cigarette smoking, > 25 cigarettes per day	2.5
Has diabetes or problems with high blood sugar.	2.0
Has chronic pancreatitis	3.0
Eats 3 or more servings of vegetables per day	0.6
Parent or sibling with pancreatic cancer	1.5

Prostate Cancer

Risk Factor	
Height greater than 5'10"	1.3
Eats 5 or more servings of food with animal fat per day	1.8
Eats 5 or more servings of tomato-based foods per week	0.7
Father or brother with prostate cancer	1.8
African-American	1.8
Asian	0.4

Skin Cancer: Melanoma

Risk Factor	RR
Has naturally blond or red hair	2.0
Has naturally blue, green or hazel eyes	1.5
Has fair skin	1.5
Number of moles on both arms 1-5	1.4
Number of moles on both arms 6-10	2.5
Number of moles on both arms \geq 11	4.8
Has taken immunosuppressive medications	2.0
Had repeated severe sunburns as a child	3.0
Parent or sibling with melanoma	2.0

Stomach Cancer

Risk Factor	RR
Blood type A positive or negative	1.2
Current smoker	1.6
Former smoker, quit <20 years ago	1.2
Parent or sibling with a history of stomach cancer	1.5
H pylori positive (untreated)	6.0
H pylori positive (treated)	1.5

Uterine Cancer

Risk Factor	RR
BMI > 30	2.0
Has never given birth	1.2
Post menopausal and reached menopause at age \geq 55	1.9
Has taken OCP's for 5 years or more	0.5
Has taken PMH for 10 years or more	1.4
Has diabetes or problems with high blood sugar	1.5
Mother or sister with history of uterine cancer	1.5
Tamoxifen use 2-5 years	2.0
Tamoxifen use \geq 5 years	3.3
Currently smoking > 25 cigarettes per day	0.7

Diabetes

Risk Factor	RR Score
Family history (immediate)	+2
African Americans, Latinos, Native Americans, Asians and Pacific Islanders background	+2
BMI	2.0
Women	
23-24.9	+2
25-26.9	+3
≥27	+4
Men	
23-24.9	+2
25-29.9	+3
≥30	+4
Waist size (inches)	
Women >35	+3
Men >40 in	+4
Currently smoking 1-14 cigarettes per day	+1
Currently smoking > 14 cigarettes per day	+2
Physical activity at least 30 minutes per day or 3 hours per week	-2
Cereal fiber/Whole grain ≥ 3 serving per day	-2
Refined grains > 3 serving per day	+1
Mono & polyunsaturated fat ≥ 4 servings per week	-1
Alcohol intake ≥ 1 serving per day	-2

Heart Disease

Risk Factor	RR Score
Male	+2
Family history (immediate)	+2
BMI	
Women (< 60 yrs)	
25-28.9	+2
≥29	+3
Men (< 65 yrs)	
25-29.9	+2
≥30	+3
Waist size (inches)	
Women (≥ 60 yrs) >35in	+2
Men (≥ 65 yrs) >40 in	+4
Currently smoking 1-14 cigarettes per day	+1
Currently smoking 15- 25 cigarettes per day	+2
Currently smoking > 25 cigarettes per day	+3
Quit smoking for < 10 yrs	+1
Passive smoke, regularly exposed	+1
Hypertension (high blood pressure)	+2
Diabetes	+2
Total cholesterol	
Binary	
Told have high cholesterol	+2
Range (mg/dL)	
160-199	+1
200-239	+2
240-279	+3
≥280	+4
HDL cholesterol < 40 (mg/dL)	+2
Physical activity at least 30 minutes per day or 3 hours per week	-2
Fish ≥ 2 servings per week	-2
Fruit/Vegetables ≥ 5 servings per day	-2
Cereal fiber/Whole grain ≥ 3 servings per day	-2
Nuts ≥ 3 servings per week	-1
Saturated fat ≥ 2 servings per day	+1
Trans fats ≥ 4 servings per week	+1
Mono & polyunsaturated fat ≥ 4 servings per week	-1
Alcohol intake ≥ 1 serving per day	-2
Multivitamin/B complex supplement	-1

Osteoporosis Fracture

Risk Factor	RR Score
African American	-2
Family history (immediate) hip fracture	+2
Family history (immediate) non-hip fracture	+1
Prior fracture after age 50*	+2
Female: Osteopenia on BMD test*	
Age <64	+2
Age ≥65	0
Female: Osteopenia on BMD test*	
Age <50	+2
Age ≥50	+1
Osteoporosis on BMD test*	+2
BMI	
<18	+2
25-29.9	-2
≥30	-3
Excessive vitamin A (multi, high diary and/or cereal)	+2
Inadequate calcium/dairy	+1
Female: Currently smoking	+1
Male: Currently smoking	+2
Rheumatoid arthritis	+2
Diabetes	+1
Female: Oral steroid use	+1
Male: Oral steroid use	+2
Green leafy vegetables ≥ 4 servings per week	-1
Alcohol ≥ 2 serving per day	+1
Physical activity at least 30 minutes per day or 3 hours per week	-2
Adequate vitamin D	-1
Female: PMH use	-1

* note: in the presence of prior fracture or BMD test, the impact of some lifestyle factors is attenuated in the risk calculations.

Stroke

Risk Factor	RR Score
Male	+1
Family history (immediate)	+2
African American	+2
Waist size (inches)	
Women >35in	+1
Men >40 in	+2
Currently smoking 1-14 cigarettes per day	+1
Currently smoking 15- 25 cigarettes per day	+2
Currently smoking > 25 cigarettes per day	+3
Quit smoking for < 10 yrs	+1
Hypertension (high blood pressure)	+2
Diabetes	+2
Total cholesterol	
Binary	
Told have high cholesterol	+1
Range (mg/dL)	
≥240	+1
HDL cholesterol < 40 (mg/dL)	+2
Physical activity at least 30 minutes per day or 3 hours per week	-2
Fruit/Vegetables ≥ 5 servings per day	-1
Cereal fiber/Whole grain ≥ 3 servings per day	-1

