

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 cigarettes per day	1.3
Current smoking, 15-25 cigarettes per day	2.3
Current smoking, >25 cigarettes per day	3.0
Worked unprotected with rubber/aluminum or exposed to aromatic amines 5-20 years	2.5
Worked unprotected with rubber/aluminum or exposed to aromatic amines over 20 years	5.0
Sibling or parent with a history of bladder cancer	1.5

Breast Cancer

Risk factor	RR
Current/past cigarette smoking	1.1
Sister had breast cancer	1.8
Mother had breast cancer	1.8
Mostly Jewish ethnicity	1.2
Height greater than 5'7"	1.3
Weight gain, 22-44 pounds since age 18: postmen, no PMH	1.61
Weight gain, 45 pounds or more since 18: postmen, no PMH	1.99
Birth weight 8.5 pounds or more: premen	1.5
Overweight age 7	0.7
Menarche at age 11 or younger	1.3
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
Postmenopausal, reached menopause at 55 or older	1.2
Current use of OCP's	1.4
PMH: Estrogen alone, ≥ 5 years	1.3
PMH: Estrogen and progesterone, <5 years	1.3
PMH: Estrogen and progesterone, ≥ 5 years	2.3
Drinks ½ serving of alcohol per day	1.1
Drinks 1 serving of alcohol per day	1.2
Drinks 2 or more servings of alcohol per day	1.3
Fruits/Vegetables, 5 or more servings per day	0.8
Physical activity, 30 min or more per day or 3 hour per week	0.8
Tamoxifen/raloxifene use, ≥ 5 years	0.6

High breast density	3.0
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Cervical Cancer

Risk factor	RR
Current cigarette smoking	2.3
First had sexual intercourse before age 16	1.5
Male sexual partners over lifetime, 2 - 5	2.0
Male sexual partners over lifetime, 6 or more	3.0
Primary method of birth control is diaphragm/condom	0.5
Given birth, 1-2 times	1.3
Given birth, 3 or more times	2.3
Pap test or Pap+HPV test within the last 3 - 5 years	0.5
One or more sexually transmitted infections	2.0
Diagnosed with HPV	16.0
HPV vaccination	0.25

Colon Cancer

Risk Factor	RR
Smoking history: between 1 - 39 pack-years	1.1
Smoking history: 40 pack-years or more	1.5
Height greater than 5'10" for men or 5'7" for women	1.3
BMI greater than 30	1.5
Aspirin, 2/week for 6 years or more	0.8
Chronic IBD for 10 years or more	1.5
OCs, 5 years or more	0.7
PMH, 5 years or more	0.8
Processed meat, 3 or more servings per week	1.2
Alcohol, 2 or more servings per day	1.4
Multivitamin, most days for 12 years or more	0.8
Low calcium intake	1.3
Vitamin D supplement, most days	0.6
Whole grains, 3 or more servings per day	0.8
Physical activity, 30 minutes or more per day or 3 hours per week	0.6
Diabetes/problem with blood sugar	1.3
Screening w/approved method (age ≥ 50)	0.67
Parent or sibling who has had colon cancer	1.8

Kidney Cancer

Risk Factor	RR
BMI 30 - 34.9	1.5
BMI 35 - 39.9	2.0
BMI 40 or more	2.75
Height, > 5'10" for men or > 5'7" for women	1.3
Current smoking, 15-25 cigarettes per day	1.3
Current smoking, >25 cigarettes per day	2.0
Parent or sibling who has had kidney cancer	1.5
Hypertension	2.3
Hysterectomy	1.3
Alcohol, ½ serving per day	0.8
Alcohol, 1 or more servings per day	0.7

Lung Cancer

Risk Factor	RR
Current smoking, <15 cigarettes per day	2.0
Current smoking, 15-25 cigarettes per day	5.0
Current smoking, >25 cigarettes per 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
Lived with smoker most of life (never- or ex-smoker)	1.3
Cigar smoking past year, 1 or more	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
Sibling or parent with lung cancer	1.5

Ovarian Cancer

Risk Factor	RR
BMI 25 - 29.9	1.1
BMI 30 or more	1.3
Given birth, 2 or more times	0.8
Breastfed, 1 year or more	0.8
OCs, 1 - 4 years	0.8
OCs, 5 - 9 years	0.6
OCs, 10 - 14 years	0.5
OCs, 15 years or more	0.4
PMH, ≥ 10 years	1.3
Fallopian tubes tied	0.6
Hysterectomy	0.8
Salpingectomy	0.55
Endometriosis	1.5
Genital talc use, 8 days or more per month	1.3
Mother or sister with ovarian cancer	1.8

Pancreatic Cancer

Risk Factor	RR
Current smoking, ≤ 25 cigarettes per day	1.3
Current smoking, > 25 cigarettes per day	2.2
Height, > 5'10" for men or > 5'7" for women	1.7
BMI 25 - 29.9	1.2
BMI 30 or more	1.5
Diabetes or problems with high blood sugar.	2.0

Chronic pancreatitis	3.0
Blood type A	1.4
Blood type AB	1.5
Blood type B	1.5
Parent or sibling with pancreatic cancer	1.5

Prostate Cancer (Aggressive)

Risk Factor

Current cigarette smoking	1.3
BMI 30 or more	1.3
Height, > 5'10"	1.3
Tomato-based foods, 5 or more servings per week	0.7
Excessive calcium intake	1.3
Father or brother with prostate cancer	1.8
African-American	1.8
Asian	0.4

Skin Cancer: Melanoma

Risk Factor

RR

Naturally blond or red hair	2.0
Naturally blue, green or hazel eyes	1.5
Fair skin	1.5
Moles on both arms, 1-5	1.4
Moles on both arms, 6-10	2.5
Moles on both arms, \geq 11	4.8
Immunosuppressive medications	2.0
Repeated severe sunburns as a child	3.0
Tanning bed use - First time, < age 35 years	1.9
Tanning bed use - First time, \geq age 35 years	1.25
Parent or sibling with melanoma	2.0

Stomach Cancer

Risk Factor

RR

BMI 30 or more	1.3
Blood type A	1.2
Current cigarette smoking	1.6
Quit smoking, <20 years ago	1.2
Alcohol, \geq 4 servings per day	1.2
Excessive salt/sodium intake	1.6
H pylori positive (untreated)	6.0
H pylori positive (treated)	1.5
Parent or sibling with a history of stomach cancer	1.5

Uterine Cancer

Risk Factor

RR

Currently smoking, > 25 cigarettes per day	0.7
BMI 25 - 29.9	1.6
BMI 30 - 34.9	2.5
BMI 35 - 39.9	4.0
BMI 40 or more	6.5
BMI > 30	2.0
Physical activity, 30 minutes or more per day or 3 hours per week	0.8
Coffee, 2 cups or more per day	0.8
Given birth, never	1.2
Menopause, \geq 55 years	1.9
OCs, 5 years or more	0.5

PMH, 10 years or more	1.4
Diabetes or problems with high blood sugar	1.5
Mother or sister with history of uterine cancer	1.5
Tamoxifen, 2-5 years	2.0
Tamoxifen, ≥ 5 years	3.3
Currently smoking, > 25 cigarettes per day	0.7

Chronic Bronchitis and Emphysema (COPD)

Risk Factor	RR
Current smoking, <15 cigarettes per day	2.0
Current smoking, 15-25 cigarettes per day	5.0
Current smoking, >25 cigarettes per 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	1.7
Quit smoking 2-10 years ago, past 15-25 cig/day	4.0
Quit smoking 2-10 years ago, past >25 cig/day	8.0
Quit smoking 10-20 years ago, past <15 cig/day	1.5
Quit smoking 10-20 years ago, past 15-25 cig/day	2.5
Quit smoking 10-20 years ago, past >25 cig/day	5.0
Quit smoking 20 or more years ago	1.2
Worked unprotected with: cadmium, gold dust, coal dust, other mineral dusts, or welding fumes, > 20 years	1.2
Lived in or near a large city for 10 or more years	1.2
Eat 5 or more servings of fruits and vegetables a day	0.8
Has alpha-1 antitrypsin deficiency	10.0

Diabetes

Risk Factor	RR
Family history (immediate)	2.25
African Americans, Latinos, Native Americans, Asians and Pacific Islanders background	2.25
BMI	2.0
Women	
23-24.9	2.25
25-26.9	5.0
≥ 27	7.0
Men	
23-24.9	2.25
25-29.9	5.0
≥ 30	7.0
Waist size (inches)	
Women >35	5.0
Men >40 in	7.0
Currently smoking, 1-14 cigarettes per day	1.3
Currently smoking, > 14 cigarettes per day	2.25
Physical activity, 30 minutes or more per day or 3 hours per week	0.55
Whole grain, ≥ 3 serving per day	0.55
Refined grains, > 3 serving per day	1.3
Mono & polyunsaturated fat, ≥ 4 servings per week	0.8
Alcohol, ≥ 1 servings per day	0.55

Heart Disease

Risk Factor	RR
Male	2.25
Family history (immediate)	2.25
BMI	
Women (< 60 years)	
25-28.9	2.25
≥ 29	5.0
Men (< 65 years)	
25-29.9	2.25
≥ 30	5.0
Waist size (inches)	
Women (≥ 60 years) >35in	2.25
Men (≥ 65 years) >40 in	7.0
Currently smoking, 1-14 cigarettes per day	1.3
Currently smoking, 15- 25 cigarettes per day	2.25
Currently smoking, > 25 cigarettes per day	5.0
Quit smoking, < 10 years	1.3
Passive smoke, regularly exposed	1.3
Hypertension (high blood pressure)	2.25
Diabetes	2.25
Total cholesterol	
Binary	
Told have high cholesterol	2.25
Range (mg/dL)	
160-199	1.3
200-239	2.25
240-279	5.0
≥ 280	7.0
HDL cholesterol, < 40 (mg/dL)	2.25
Physical activity, 30 minutes or more per day or 3 hours per week	0.55
Fish, ≥ 2 servings per week	0.55
Fruit/Vegetables, ≥ 5 servings per day	0.55
Whole grains, ≥ 3 servings per day	0.55
Nuts, ≥ 3 servings per week	0.8
Saturated fat, ≥ 2 servings per day	1.3
Trans fats, ≥ 4 servings per week	1.3
Mono & polyunsaturated fat, ≥ 4 servings per week	0.8
Alcohol, ≥ 1 serving per day	0.55
Multivitamin/B complex supplement	0.8
Daily aspirin (50 - 69 years)	0.8

Osteoporosis Fracture

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

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

⁺ General multiplier scores - not all variances in risk factors by gender and age are reflected.

Stroke

Risk Factor	RR
Family history (immediate)	2.25
African American	2.25
Waist size (inches)	
Women >35in	1.3
Men >40 in	2.25
Currently smoking, 1-14 cigarettes per day	1.3
Currently smoking, 15- 25 cigarettes per day	2.25
Currently smoking, > 25 cigarettes per day	5.0
Quit smoking, < 10 years	1.3
Hypertension (high blood pressure)	4.0
Diabetes	2.25
Total cholesterol	
Binary	1.3
Told have high cholesterol	1.3

Range (mg/dL)	
≥240	1.3
Physical activity, 30 minutes or more per day or 3 hours per week	0.55
Fruit/Vegetables, ≥ 5 servings per day	0.8
Whole grain, ≥ 3 servings per day	0.8
Alcohol, ≥ 3 servings per day	2.25