



CONNECTING LIFE AND SCIENCE

Know Your Risk, Change Your Future

There's a lot you can do to lower your risk of cancer, heart disease, stroke, and diabetes. Take this quiz to estimate your risk of these diseases and highlight steps you can take to improve your health. For a more detailed estimate of your risk for specific types of cancer and other diseases, please visit www.yourdiseaserisk.wustl.edu.

Look at each statement. If it describes you, circle all the numbers in the boxes to the right. If it doesn't describe you, simply leave the row blank. When you're done, add the circled numbers in each column to see which disease risk category you're in.

| | Cancer* | Heart Disease | Stroke | Diabetes |
|---|---------|---------------|--------|----------|
| Tobacco Use: I smoke – even sometimes. | 3 | 3 | 3 | 1 |
| Weight: I have gained 20 lbs or more since age 18. | 1 | 2 | 1 | 3 |
| Physical Activity: I get less than 30 minutes of moderate activity (like walking) on most days. | 1 | 1 | 1 | 1 |
| Red Meat: I eat 3 or more servings of red meat per week. | 1 | 1 | 1 | |
| Multivitamin: I do <u>not</u> usually take a multivitamin. | 1 | 1 | | |
| Fruits & Vegetables: I eat fewer than 3 servings of fruits & vegetables per day. | | 1 | | 1 |
| Whole Grains: I eat fewer than 3 servings per day of whole grains (like whole wheat bread, brown rice, oatmeal or whole grain cereal). | 1 | 1 | 1 | 1 |
| Mono and Poly-Unsaturated Fats: I eat oil-based salad dressing or use liquid vegetable oil for cooking three or fewer days per week. | | 1 | | 1 |
| Alcohol: I average more than 1 alcoholic drink per day. (One drink is one beer, one glass of wine, or one shot of other alcohol). | 1 | | | |
| Screening AGE 50 AND OVER ONLY: I have <u>not</u> had a colonoscopy in the last 10 years. | 1 | | | |
| FEMALE ONLY: I have <u>not</u> had a Pap test in the last 3 years. | 1 | | | |
| Family History: I have a family history of the following diseases: (circle only those that apply) | 1 | 1 | 1 | 1 |
| TOTAL | | | | |

* including the most common cancers: prostate (men), breast (women), lung, and colon

Your risk, compared to someone your age and sex: **Scoring:** 0-2 Below average: 3-4 Average 5+ Above average

Flip the page over to see what your risk means and the important steps you can take to stay healthy. →



WHAT YOUR RISK SCORE MEANS

BELOW AVERAGE. Keep up the good work. You're doing great, but it's important to stay on track. Use the quiz as an opportunity to see what makes your risk below average, and continue those healthy behaviors.

AVERAGE. Make moves to improve. You're doing many things well, but you likely have a number of steps you can take that will lower your risk even more. If you smoke, the best thing to do is stop as soon as possible. While being "average risk" can feel comforting, try to use your score as an opportunity to target those things you can improve.

ABOVE AVERAGE. Change for the better. You have some big steps you can take to lower your risk. Tackle one thing at a time, like stopping smoking or getting more exercise, and then slowly add other healthy behaviors. Also, talk to your doctor about your risk factors to see if you might need to take special steps, like extra screening or medications, to protect yourself further.

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8 WAYS TO STAY HEALTHY AND PREVENT DISEASE

You can't control everything that affects your risk of disease, like your age and family history. But there are many steps you can take to keep yourself healthy and lower your risk of disease.

- 1 **MAINTAIN A HEALTHY WEIGHT**
Choose smaller portions and eat more slowly to help keep your appetite in check. Be more physically active throughout the day.
- 2 **EXERCISE REGULARLY**
Get at least 30 minutes a day. Choose activities you enjoy, like walking, gardening, and dancing.
- 3 **DON'T SMOKE**
It's hard to stop, but keep trying! It often takes 6 or 7 attempts to quit for good.
- 4 **EAT A HEALTHY DIET**
Enjoy fruits, vegetables, and whole grains; and eat less red meat and store-bought snacks. A daily multivitamin with folate is a great nutrition insurance policy.
- 5 **DRINK ALCOHOL ONLY IN MODERATION, IF AT ALL**
Moderate drinking can be healthy, but avoid excess. If you don't drink, don't feel that you need to start.
- 6 **PROTECT YOURSELF FROM THE SUN**
Use hats, long-sleeve shirts, and broad-spectrum sunscreens with SPF15 or higher.
- 7 **PROTECT YOURSELF FROM SEXUALLY TRANSMITTED INFECTIONS**
Always follow safe sex practices.
- 8 **GET SCREENING TESTS**
Talk to a doctor about which screening tests are right for you.

To find detailed information on your disease risk, visit:

Your Disease Risk

THE SOURCE ON PREVENTION
www.yourdiseaserisk.wustl.edu

