A risk factor is anything that may increase a person's chance of developing a disease. It may be smoking, asbestos exposure, diet, family history or many other things. Different diseases, including cancers, have different risk factors.

When it comes to cancer prevention, knowing your risk factors is important. Being aware of your (or your loved ones') risk factors can help guide you into the appropriate actions, including changing behaviors and getting regular preventative screenings.

Explore the chart below to find out if you or someone you know is at risk for certain cancers. In some cases, you can change your lifestyle habits or the environment you're in to reduce your risks.

To learn more about your risk factors and how to prevent cancer, call a Work Stride Nurse Navigator at 844-446-6229 or email managecancer@jh.edu.