

# GUIDE TO KNOWING YOUR RISK FACTORS

WORK STRIDE

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.



## RISK FACTORS

	Smoking	Alcohol	Obesity	Sedentary Behavior	Radon	Asbestos	Diesel Fumes	Air Pollution	Moles	Family History	Genetic Link	IBD	Diabetes Type 2	U/V	Prior Radiation Treatment	UTIS	STD	HRT	Previous History of Same	Atypical	GERD
Bladder Cancer	●									●	●					●			●		
Breast Cancer	●	●	●	●						●	●				●			●	●	●	
Cervical Cancer	●		●							●							●		●		
Colorectal Cancer	●	●	●	●						●	●	●	●						●	●	
Head & Neck Cancer	●	●	●			●					●				●		●		●		●
Kidney Cancer	●		●							●	●								●		
Lung Cancer	●				●	●	●	●		●					●				●		
Melanoma									●	●	●			●					●		
Prostate Cancer	●		●	●			●			●	●	●					●		●		
Thyroid Cancer										●	●				●				●		
Uterine Cancer			●	●						●	●		●		●			●	●	●	

STD: Sexually Transmitted Disease

HRT: Hormone Replacement Therapy

GERD: Gastroesophageal Reflux Disorder

IBD: Inflammatory Bowel Disease

U/V: Ultra Violet

UTIS: Urinary Tract Infection

**Atypical:** Sometimes these findings in breast, colorectal, and uterine cancer screenings will require closer surveillance and can potentially become a cancer.

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](mailto:managecancer@jh.edu).



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