

# THE FULL SCOOP

## The Full Scoop Patient Risk Assessment Guidelines

**Use this template as a helpful guide to support informed and shared decision-making with your healthcare provider.**

Together, you can discuss your individual risks, options, and preferences to create the best plan for your breast health.

Risk	Notes to Discuss with Your Provider	
	Check if concerned	
Age	<input type="checkbox"/>	
Gender	<input type="checkbox"/>	
Height	<input type="checkbox"/>	
<b>Familial Factors</b>		
Family history 1 <sup>st</sup> degree	<input type="checkbox"/>	
Family history 2 <sup>nd</sup> degree	<input type="checkbox"/>	
Some Genetic Mutation factors	<input type="checkbox"/>	
Race/ethnicity	<input type="checkbox"/>	
<b>Reproductive and Hormonal Factors</b>		
Age at 1 <sup>st</sup> birth	<input type="checkbox"/>	
Age at menarche, 1 <sup>st</sup> birth	<input type="checkbox"/>	
Breastfeeding	<input type="checkbox"/>	
Hormonal Contraceptives	<input type="checkbox"/>	

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HRT	<input type="checkbox"/>	
Menopause age	<input type="checkbox"/>	

<b>Medical History</b>		
Breast Density	<input type="checkbox"/>	
Prior biopsy	<input type="checkbox"/>	

<b>Metabolic Factors</b>		
Diabetes	<input type="checkbox"/>	
Thyroid	<input type="checkbox"/>	

<b>Lifestyle Factors</b>		
Alcohol	<input type="checkbox"/>	
BMI	<input type="checkbox"/>	
Occupation	<input type="checkbox"/>	
Physical inactivity	<input type="checkbox"/>	
Poor nutrition	<input type="checkbox"/>	
Smoking	<input type="checkbox"/>	

<b>Environmental Factors</b>		
Chemicals	<input type="checkbox"/>	
Pollutants	<input type="checkbox"/>	
Radiation	<input type="checkbox"/>	

**Disclaimer:** Some of the risk factors listed above are not yet included in standard clinical risk assessment tools or guidelines but are supported by evidence-based

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research. They are included here to support informed conversations and shared decision-making between patients and providers. Use these materials to help spark conversations with your provider about these lesser-recognized risks—especially when they may add to or compound other known risk factors.