

# Personalising Cancer Risk Factors Details

## Controllable Cancer Risk Factors

Lifestyle choices directly influence cancer risks. Unhealthy lifestyle habits, exposure to toxins and environmental factors, genetic susceptibility, and personal and family history of cancer are emerging as the leading causes of cancer. Understanding these lifestyle-related risk factors is essential for proactive health management and further evaluation, interventions & investigations. Each needs to be well informed of their exposure to each cancer risk factor so that they can take appropriate action to mitigate the risk of uncontrolled cell growth going undetected till the late stages of cancer development.

### 1.Current Tobacco Consumption

Consumption of tobacco products is the single largest preventable cause of cancer. It damages cells throughout the body and increases the risk of various cancers, including lung, mouth, throat, esophagus, bladder, kidney, pancreas, stomach, cervix, and leukemia. Tobacco consumption also leads to many diseases and health conditions, including heart disease, stroke, lung diseases, diabetes, chronic obstructive pulmonary disease (COPD), etc.

1) Do you currently smoke or consume tobacco products?

☐ Yes ☐ No

I . Select All That Apply

- ☐ Cigarettes/Bidi
- ☐ Cigars
- ☐ E-Cigarettes
- ☐ Pipes
- ☐ Hukkah Consumption
- ☐ Paan Consumption
- ☐ Paan Masala/Gutka Consumption
- ☐ Chewing Tobacco

II . How long have you been Consuming any form of tobacco ?

☐ <10 years ☐ >10 years

III . How much do you consume cigarettes /Bidi | Cigars| E-cigars| pipes| hukkah Consumption ?

☐ <20 Cigarettes per day ☐ >20 Cigarettes per day

IV . How much do you consume Paan Consumption | Tobacco / Paan Masala / Gutka Consumption /Chewing Tobacco?

☐ <20 Cigarettes per day ☐ >20 Cigarettes per day