

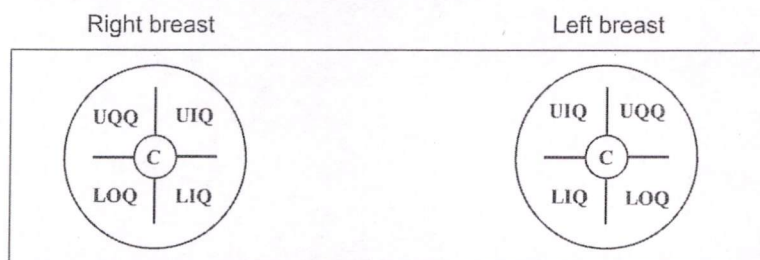
Unique ID:

Date:

65. Physical activities (check the box that is most appropriate)

| During the past year, what was your average time per week spent at each of the following recreational activities? | Time per week | | | | | | | | | |
|---|---------------|---------|----------|-----------|----------|-------------|-----------|-----------|------------|-----------|
| | Zero | 1-4 min | 5-19 min | 20-59 min | One hour | 1-1.5 hours | 2-3 hours | 4-6 hours | 7-10 hours | 11+ hours |
| Walking for exercise or walking to work | | | | | | | | | | |
| Jogging (slower than 10 minutes/2 kms) | | | | | | | | | | |
| Running (10 minutes/2 km or faster) | | | | | | | | | | |
| Bicycling (including stationary machine) | | | | | | | | | | |
| Tennis, squash, racquetball | | | | | | | | | | |
| Lap swimming | | | | | | | | | | |
| Other aerobic exercise (aerobic dance, ski or stair machine, etc) | | | | | | | | | | |
| Lower intensity exercise (yoga, stretching, toning) | | | | | | | | | | |
| Other vigorous activities (e.g., lawn moving) | | | | | | | | | | |

H. Clinical Examination at Initial Presentation:



66. Palpable lump in the breast ☐ Nil ☐ Definite ☐ Vague ☐ Diffuse
- a. Location of breast lump ☐ Right ☐ Left ☐ Both ☐ Duration: _____
- ☐ UOQ ☐ UIQ ☐ LIQ ☐ LOQ ☐ CQ Position: ____ o'clock
- b. Size in cm: ☐ <2cm ☐ 2-5 cm ☐ >5cm
- c. Number: ☐ Single ☐ Multiple
- d. Consistency: ☐ Soft ☐ Firm ☐ Hard ☐ Cystic
- e. Fixity to: ☐ Skin ☐ Chest wall ☐ Pect major muscle ☐ No fixation
67. Mastitis ☐ Right ☐ Left ☐ Both ☐ Not present
- ☐ Diffuse ☐ Sectoral ☐ UOQ ☐ UIQ ☐ LIQ ☐ LOQ ☐ CQ Position: ____ o'clock
68. Tenderness in breast: ☐ Right ☐ Left ☐ Both ☐ Not present
69. Nipple retraction: ☐ Right ☐ Left ☐ Both ☐ Not present
70. Nipple discharge: ☐ Right ☐ Left ☐ Both ☐ Not present
- Type of discharge ☐ Serous ☐ Milky ☐ Brown ☐ Bloody
71. Skin changes: ☐ Right ☐ Left ☐ Both ☐ Not present
- Type of change: ☐ Dimpling ☐ Ulceration ☐ Discolouration ☐ Eczema
- ☐ Edema ☐ Redness ☐ Peau d'orange
72. Palpable axillary nodes: ☐ Right ☐ Left ☐ Both ☐ Not palpable
- a. Number of nodes: _____ b. Size: _____
- c. Fixity: ☐ Yes ☐ No