

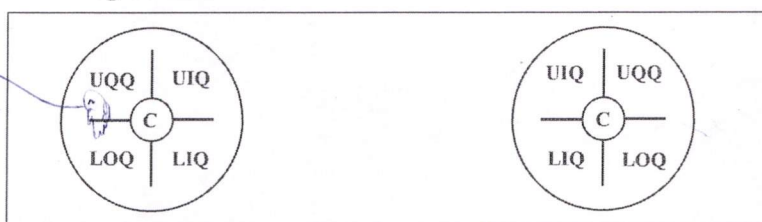
## 65. Physical activities (check the box that is most appropriate)

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				<input checked="" type="checkbox"/>						
Jogging (slower than 10 minutes/2 kms)	<input checked="" type="checkbox"/>									
Running (10 minutes/2 km or faster)	<input checked="" type="checkbox"/>									
Bicycling (including stationary machine)	<input checked="" type="checkbox"/>									
Tennis, squash, racquetball	<input checked="" type="checkbox"/>									
Lap swimming	<input checked="" type="checkbox"/>									
Other aerobic exercise (aerobic dance, ski or stair machine, etc)	<input checked="" type="checkbox"/>									
Lower intensity exercise (yoga, stretching, toning)			<input checked="" type="checkbox"/>							
Other vigorous activities (e.g., lawn moving)	<input checked="" type="checkbox"/>									

## H. Clinical Examination at Initial Presentation:

Right breast

Left breast



66. Palpable lump in the breast



Nil



Definite



Vague



Diffuse

a. Location of breast lump



Right



Left



Both



Duration: \_\_\_\_\_



UOQ



UIQ



LIQ



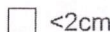
LOQ



CQ

Position: \_\_\_\_ o'clock

b. Size in cm:



&lt;2cm

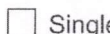


2-5 cm



&gt;5cm

c. Number:

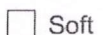


Single



Multiple

d. Consistency:



Soft



Firm

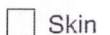


Hard



Cystic

e. Fixity to:



Skin



Chest wall

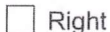


Pect major muscle



No fixation

67. Mastitis



Right



Left



Both



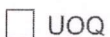
Not present



Diffuse



Sectoral



UOQ



UIQ



LIQ



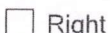
LOQ



CQ

Position: \_\_\_\_ o'clock

68. Tenderness in breast:



Right



Left



Both



Not present

69. Nipple retraction:



Right



Left

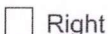


Both



Not present

70. Nipple discharge:



Right



Left



Both



Not present

Type of discharge



Serosus



Milky

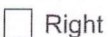


Brown



Bloody

71. Skin changes:



Right



Left



Both

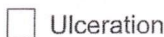


Not present

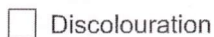
Type of change:



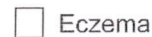
Dimpling



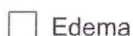
Ulceration



Discolouration



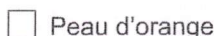
Eczema



Edema



Redness



Peau d'orange

72. Palpable axillary nodes:



Right



Left



Both



Not palpable

a. Number of nodes: \_\_\_\_\_

b. Size: \_\_\_\_\_

c. Fixity:



Yes



No