

LABORATORY 14.1



Complete Lab 14.1 online at
www.pearsonhighered.com/powers.

Name _____ Date _____
Instructor _____ Section _____

Determining Your Cancer Risk

The purpose of this laboratory is to increase your awareness of your risk of developing all forms of cancer. Complete the following questions by putting a check under either “Yes” or “No.”

The more times you check “Yes,” the more risk factors you have for developing cancer. If you check “Yes” even once, you should take steps to modify your lifestyle and reduce your risk for cancer. For some specific information about lowering your cancer risks, see the text of this chapter.

	Yes	No
Do you have a family history of cancer?		
Do you have a fair complexion?		
Are you regularly exposed to occupational carcinogens or various types of radiation?		
Is your skin regularly exposed to excessive sunlight?		
Do you consume more than 4 oz of red meat or 1 oz of processed meat per day?		
Do you regularly eat smoked foods?		
Is your diet low in fiber?		
Are you obese?		
Do you consume an excessive amount of alcohol?		
Do you use tobacco products or breathe second-hand tobacco smoke?		

1. How many “Yes” responses do you have?

2. Name any behaviors you can modify or change to reduce your risk for cancer.
3. Select one of your modifiable risk factors, and write out steps to change your behavior to reduce your risk. (Use the strategies for behavior change you learned in Chapter 1 to address your risk factor, if applicable.)

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.