

California Teachers Study

Report Card



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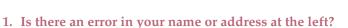
- Answer each question as best as you can estimate if you aren't sure.
- Use only a #2, ordinary pencil.
- Be certain to completely blacken in each of your answers, and erase completely if you make any changes.
- Do not make any other marks on this form.
- If you wish to make comments, please use a separate piece of paper.

Correct Mark

Incorrect Marks $\oslash \otimes \bigcirc \bigcirc$

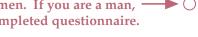






O No	O Yes (please write the correct information)
Name	
Street	
City	State Zip

Although men sometimes do get breast cancer, at this time the California Teachers Study focuses on women. If you are a man, please mark here and mail back the uncompleted questionnaire.





USC School of Medicine 1540 Alcazar Suite 215 Los Angeles CA 90033

(800) 568-9471

ackground & nvironment

2.	Please fill in your MO DAY YEAR	8.		licate the r at were liv			others and re and
	birthdate:		after you.	0 [on't kno	w (go to q	uestion 9)
3.	0000000 Were you adopted? 00000000			FULL BROTHER		FUL SISTE	.L
	O No 222		BORN	00 03		00	3
	O Yes 33333		BEFORE YOU	$\bigcirc 1 \bigcirc 4$		O 1	O 4
	4 4 4 4		100	$\bigcirc 2 \bigcirc 5$	or more	O 2	O 5 or more
	5 5 5 5						
4.	Are you a twin? 6 6 6 6		BORN	$\bigcirc 0 \bigcirc 3$		\bigcirc 0	
	○ No		AFTER YOU	$\bigcirc 1 \bigcirc 4$		O 1	
			100	$\bigcirc 2 \bigcirc 5$	or more	O 2	O 5 or more
	O Don't Know 9 9 9 9 9						
		9.					n employed
5.	Where were you and your MOTHER		in a Califo	ornia scho			
	biological parents born? (Leave FATHER			Ever (Mark a		Current currently	Longest (Mark one)
	bubble blank if unknown) YOU			that app		mployed	(IVIAIR OHE)
	,		Teacher:		m	nark one)	
	California		Preschoo	_		O	\bigcirc
	Other US or Canada		Elementa			0	\bigcirc
	Mexico, South America, Central America		Mid/Jr Hi	_		0	O
	or Caribbean		High Sch			0	0
	Asia or Pacific Islands OOO		Other	_			
	Eastern Europe or former Soviet Union		Pupil Servi	_			
	Western Europe, Scandinavia or UK Middle East or Israel		Administra	ation \bigcirc		0	O
	Africa OOO	10.	At how m	anv differ	ent scho	ools have	vou
	Other			s your regu			
			O 1	, ,	Ō	_	3
	To substance /stlende sweet de way and		O 2-3		_	9-12	
0.	To what race/ethnic group do you and your biological parents belong?		0 4-5		0	Over 12	
	(Leave bubble blank if unknown)						
	(Leave bubble blank if unknown)	11.					orked with
	Black or African American			ia school s			
	Chinese		_	an 1 year		10-14	
	Filipino		O 1-4			15-19	
	Hawaiian		O 5-9		\bigcirc 2	20 years or	more
	Japanese OOO	12	Complete	the follow	ring inf	armation	about your
	Korean Mexican or other Hispanic/Latino	14.		ployment			
	Native American			Mark the			
	Vietnamese			still empl			
	White or Caucasian			rrent/Most	-		ool Where
	Other			ent School			yed Longest
			Start		<u> </u>	Start:	End:
7.	How old were your biological mother and your		19	19		19	19
	biological father when you were born?		00			00	\odot
	MOTHER FATHER		100			101	101
	Under age 20 Under age 20		22			22	22
	O 20-24 O 25-22		33			33	3 3
	O 25-29 O 25-29		4 4			4 4	4 4
	○ 30-34 ○ 35-30 ○ 35-30		5 5			5 5	5 5
	○ 35-39 ○ 40-44 ○ 40-44		6 6 7 7			6 6 7 7	66
	0 40-44		88			88	(7) (7) (8) (8)
	O Don't know O Don't know		99			99	99

13.	Have you ever live of the following?	ed or worked v	within 1/2 mile YES	15.	current	ete the follow place of resi	dence and		
	Chemical plant	0	\bigcirc		where y	ou iiveu tiie	10119000		
	Power plant	Ŏ	Ö		O Mark	here if your cu	rrent residenc	ne is also	where you
	Pulp mill	Ŏ	Ŏ			the longest; the			
	Oil refinery	Ŏ	Ŏ		livoa	trio iorigoot, tri	or orny corrig		ore obtaining
	Landfill site	\tilde{O}					_		
	Larianii oito		0			pes of overh		c lines ex	xist
14.	What types of ove within 1 block of s				within 1	l block of res	sidence: urrent	Reside	nce Where
						Re	sidence	Lived	Longest
	Cı	urrent/Most	School Where			(Cho	ose one)	(Cho	ose one)
			Employed Longest		No power	er lines	0		0
	(C	choose one)	(Choose one)		Power li	nes on poles	\circ		\circ
	No power lines	\circ	\circ		Power li	nes on towers	\circ		0
	Power lines on poles		\circ		Power li	nes on poles			
	Power lines on tower	rs O	\circ		AND to	owers	\circ		\circ
	Power lines on poles	8			Don't kn	NOW	\circ		
	AND towers	\circ	\circ						
	Don't know	\circ	\circ						
16.	For each of the age	es below that a	apply, please ansv	ver t	he follov	ving question	ns:		
			Under Age 1			15 - 35		r Age	35
			_	J	_		_		
	Did you use insect r		O No		O No		O N	•	
	your skin or clothing	g'?	Yes - occasion			es - occasionall		es - occas	
			O Yes - frequently	У	Ŭ Y€	es - frequently	O Ye	es - freque	ently
	Mana maatiaidaa ay b		O No		O No	_	ΟN		
	Were pesticides or h		O No O Yes - occasion	ally	_	o es - occasionall	_	o es - occas	sionally.
	in your home, lawn	or garden?	O Yes - frequently			es - occasionali es - frequently		es - occas es - freque	
			Yes - frequently	У	O YE	es - frequently	O Ye	es - freque	eritiy
	Were you ever in a p	aublic place	O No		O No	2	ΟN	0	
	when insects or plai		Yes - occasion	ally	_	s - occasionall		o es - occas	sionally
	sprayed so that you		O Yes - frequently		_	es - frequently	· _	es - freque	
	cloud of spray?	were in a	O res - frequenti	у	O 16	55 - Hequeritiy	<u> </u>	ss - llequi	Silliy
	cloud of spray:								
	Did you live or work	on a farm or	O No		O No	\cap	ΟN	0	
	ranch where pesticion		Yes - occasion	ally		es - occasionall	Ξ	es - occas	sionally
	ranon whore poetion	acc wore acca.	O Yes - frequently		_	es - frequently	•	es - freque	
			O 100 Hoquoriti	J	0 10	.c .roquoritiy		oo noqui	J. 101y
4=	T 11 (12 1	1 4	d (11) 1	•1 1		.1 1 1	d :		
17.	Indicate if you have	ve used any of	the following wn	ile si	eeping <u>a</u>	it nome durii	ng the past	year:	
			Used	NI	la a u a f	Average	Averag	je l	Average
		Ite	m during past		ber of	number of	number	of se	etting during
			year?	1110		days per weel	hours per	night a	week's use
			No: Yes:		NTHS	DAYS	HOUR		SETTING
				0-3 4-6	6 7-9 10+	1-3 4-5 6+	1-2 3-4 5-6		ow\Med/High
	Electric blanket (turr	ned on)	00			000	000		000
	Electrically heated v	vater bed (turned		OC	00	000	000		000
	Room heat on at nig	ght while sleepin				000	000		000
	Bright light on at nig	ght while sleeping		O C		000	000		



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	If you were in the hot sun without protection for one hour what would happen? Severe burn with blistering Severe burn without blistering Mild burn, then tan or darken No burn, but would tan or darken No burn or tan If you were in the sun repeatedly what would eventually happen? Deeply tan or darken Moderately tan or darken Lightly tan or darken Would not tan or darken	20. Have you ever been sunburned severely enough to cause blistering? No (go to question 21) Yes At what age did this first occur? 5 or younger 6-10 21-25 11-15 26 or older How many times did this occur? 1-2 times 3-4 10 or more times
21.	eproductive History How old were you when you had your first	25. How old were you when you first used birth
	menstrual period? O Never had a period (go to question 24)	control pills, and (if no longer taking) how old were you when you last used them?
	 Under age 10 10 15 11 12 13 How long after your first menstrual period did your periods become regular (that is, when you could predict within a few days when your next period would start)? Never became regular (go to question 27) Less than a year 1 year 2 years 5 years or more Once your periods became regular, about how many days were there from the start of one period until the start of the next? 	First Used AGE: AGE: AGE: AGE: AGE:
	Please exclude any time you were on birth control pills. 24 days or less 25-26 31-32 27-28 33 or more	27. Have you ever been pregnant? No (go to question 32) Yes
24.	Did you ever take birth control pills (oral contraceptives) for one month or longer? No (go to question 27) Yes, and I am currently taking them Yes, but I am no longer taking them	This isn't too tough
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28.	Please indicate the out		30.	You may need scratch pa	
	pregnancies next to the				number of months you
	(consider a multiple bi	rth as one pregnancy).		breast fed each of your	children. Enter the total
		TUDAL PRESMANOV		months you have breast	fed your children:
		TUBAL PREGNANCY		O Less than 6 months	O 36-47
		ABORTION		O 6-11	O 48-59
		MISCARRIAGE		Ξ.	O 60 or more
		STILLBIRTH		O 24-35	9 00 0
		LIVE BIRTH		0 21 00	
	AGE		31.	Have you ever taken DI	ES (diethylstilbestrol)
	Under 15		010	to prevent miscarriage?	(41241) 134112 634161)
	15			O No	
				O Yes	
	16			O res	
	17		22	Was there exert a time in	ways life when you
	18		32.	Was there ever a time in	
	19			tried (for at least 1 year) and could not ?	to become pregnant
	20				
	21			O No	
	22			O Yes	
	23				
	24		33.	Did you ever take any o	
	25			drugs to try to become p	regnant?
	26			(Mark all that apply)	
	27			O Clomid (Clomiphene)	O Nolvadex (Tamoxifen)
	28			O Danazol	O Pergonal
	29			O Danocrine	O Serophene
	30			O hCG	O Synarel Nasal Solution
	31			O Milophene	Other
	32			O Lupron Depot	○ None
	33				
	34		34.	Have your menstrual pe	riods stopped
	35			permanently?	
	36			O No (go to question 37)
	37				
	38			O Yes - within the last 6 me	onths
	39			O Yes - more than 6 month	ns ago
	40				
	41		35.	When did you have you	r last period?
	42				O 47-49
	43				O 50-52
	44				O 53-55
	45				O 56 or older
	Over 45			9 11 10	
	373. 13		36.	Why did your periods s	top?
				Natural menopause (cha	-
29.	How old were you who	en vou first breast fed		O Surgery (a hysterectomy	
	a child?				omy to remove your ovaries)
	O Never have breast fed	(go to guestion 31)		Medication or chemothe	
	O Never have breast red	(go to question 31)		O Radiation	нару
	O Under egg 10	O 30-34		O Other	
	O Under age 18 O 18-19	O 35-39		O ULI IOI	
	_		27	Have you ever had a hys	storectomy (that is
	0 20-24	O 40 or older	37.	surgery to remove your	
	O 25-29				ateras or womb):
				If so, at what age?	O 50 54
					O 50-54
				9	O 55-59
					0 60-64
					O 65 or older
L.	For Informati	onal Use		O 45-49	
No.	i oi ii iioii iiati	Ulial OUU	1		



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38.	Have you ever had an No (go to question 4)		45.	How many years in total did you take Premarin (exclude those periods when you temporarily stopped)?
	Yes, but only one or particle. Yes, both at the SAME Yes, both, but at DIFFE Yes, but don't know w Don't know (go to qu	Etime ERENT times hether one or both		YEARS: (If less than 1 year mark as 1) 0 0 1 1 2 2 3 3 4 4
39.	At what age did you fit part of an ovary) remo O Before age 25 O 25-34 O 35-44 O 45-49			(5) (5) (6) (6) (7) (8) (9)
40.	Have you ever had you (tubal ligation)? If so, Never had		46.	Five commonly used doses of Premarin can be distinguished by the color of the pill. Please indicate any you have ever used, and the one you used for the longest period .
	O Before age 20 O 20-24 O 25-29	35-3940-4445 or older		Ever Used (Answer for each) No Yes Green (0.3 mg) Longest Used (Mark one)
41.	Have you ever taken e hormones") for sympt (the change of life) or O No (go to question 5)	oms of menopause for other reasons?		Brown/Red (0.625 mg) O White (0.9 mg) O Yellow/Orange (1.25 mg) O Purple (2.5 mg) O
	Yes, and I am currently Yes, but I am no longer		47.	Have you ever used estrogen other than Premarin pills? (Answer for each) No Yes
42.	The most frequently use Premarin. Have you exemouth (as pills)? No (go to question 4) Yes	er taken Premarin by		Estrogen by mouth Estrogen by injection Estrogen by patch or implant Estrogen vaginal cream or suppository If you answered no to all parts of question 47, go to question 51.
43.	At what age did you fi Before age 45 45-49 50-54 55-59	rst take Premarin?	48.	At what age did you first use estrogens other than Premarin pills? O Before age 45 O 45-49 O 50-54 O 55-59 O 70 or older
44.	At what age did you late O Currently taking O Before age 45 O 45-49 O 50-54	st take Premarin? ○ 55-59 ○ 60-64 ○ 65-69 ○ 70 or older	49.	At what age did you last use estrogens other than Premarin pills? Ourrently taking O 55-59 O 60-64 O 45-49 O 65-69 O 50-54 O 70 or older



How many years in total did you take estrogens other than Premarin pills (exclude any time when you temporarily stopped)? O Less than 1 year O 10-14 O 1-2 O 1-2 O 3-5 O 20 years or more O 6-9	54. How many years in total did you take progesterone or a progestin (exclude any time when you temporarily stopped)? O Less than 1 year O 10-14 O 1-2 O 15-19 O 3-5 O 20 years or more O 6-9
Sometimes another type of female hormone, progesterone (or "progestin"), is given for symptoms of menopause, either alone or in combination with estrogen. The most frequently used progestin is Provera (medroxyprogesterone acetate). Have you ever used progesterone or a progestin? O No (go to question 57) O Provera only O Another type only O Provera and another type of progestin O Yes, but don't know type	 55. If you used Provera, what was your usual dose? Did not use Provera 2.5 mg per day 5.0 mg per day 10 mg per day 20 mg per day Another dose Don't know 56. When using a progestin or progesterone, for how many days each month would you usually take it?
At what age did you first take progesterone or a progestin? O Before age 40 O 40-44 O 45-49 O 65-69 O 50-54 O 70 years or older	DAYS: 0 0 1 1 2 2 3 3 4 5
At what age did you last take progesterone or a progestin? O Currently taking O 55-59 O 60-64 O 45-49 O 65-69 O 50-54 O 70 years or older	4 5 6 7 8 9
ealth History	
Have you ever had breast cancer? No (go to question 59) Yes	59. Have you ever had breast implants? ○ No (go to question 62)
At what age were you first diagnosed with breast cancer?	 Yes - after breast cancer Yes - for other reasons 60. At what age did you first have breast implants? ○ Before age 25 ○ 25-29 ○ 30-34 ○ 35-59 ○ 35-39 ○ 60-64 ○ 40-44 ○ 65 or older
	when you temporarily stopped)? Less than 1 year 10-14 1-2 15-19 3-5 20 years or more Sometimes another type of female hormone, progesterone (or "progestin"), is given for symptoms of menopause, either alone or in combination with estrogen. The most frequently used progestin is Provera (medroxyprogesterone acetate). Have you ever used progesterone or a progestin? No (go to question 57) Provera only Another type only Provera and another type of progestin Yes, but don't know type At what age did you first take progesterone or a progestin? Before age 40 55-59 40-44 60-64 45-49 65-69 50-54 70 years or older At what age did you last take progesterone or a progestin? Currently taking 55-59 Before age 45 60-64 45-49 65-69 50-54 70 years or older At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin? At what age were you first of the progesterone or a progestin of the progesterone or a progestin of the progesterone or a progestin of the pro



	Which kind of breast implants hat Silicone gel Saline Both Don't know Have you ever had any of the following the solution of the following series are supplied to the solution of the solutio	owing		65. V	No Befo	ore ag 44 are y o	ge 35 our he	((eight a) 45) 55) Aft	-64 er age 6	4 today, a r	nd
	exams? If yes, please mark how lobeen since you last had the test.	ong it has			1	Г <mark>od</mark> a	ıy			Age	18	
63.	No Yes Less than 1 year Mammogram O O O Breast exam by health provider O O PAP smear O O In the last year how often have ye examined your breasts for unusur or lumps (a breast self exam)? Rarely or never O Once a	month	ars				WEIGHT b.		ft.	IGHT in. 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WEIGHT b.	
	Have you taken any of the follow how many total years you took it	and how	often	you		t.		nce a	wee	HOW	o, indica	ON
	Aspirin (Anacin, Bufferin, Excedrin)	DIDN'T TAKE REGULARLY	LESS THAN 1 YR	1 YR	2 YRS	3-4 YRS	5-9 YRS	10+ YRS		1-3 DAYS PER WEEK	4-6 DAYS PER WEEK	EVERY DAY
	Acetaminophen (Tylenol, Anacin-3, Panadol, Aspirin Free Excedrin, etc.) Ibuprofen (Advil, Motrin, Nuprin)	0	0	0	0	0	0	0		0	0	0
	Tagamet (Cimetidine) or Zantac	\circ	\circ	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\circ		\circ	\circ	\circ
	Reserpine (Raudixin, Ser-Ap-Es, Hydropres, Rauwolfia, Metatensin)	0	0	0	0	0	0	0		0	0	0
	Water Pills for High Blood Pressure (Diuril, Hydrodiuril, Dyazide, etc.) Other High Blood Pressure medications	0	0	0	0	0	0	0		0	0	0
	Calcium Supplements (Tums, Os Cal, Rolaids, etc.)	0	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc		\bigcirc	\circ	\circ



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This next part looks like a bear!)

Personal and Family Medical History

67. Have you or any relatives had any of the following cancers or other medical conditions? Do not include adoptive, half, or step relatives.

Please note the following:

- If a relative has or had more than one of the listed conditions, please fill in all that apply on the same line for that relative.
- For combined relatives please fill in all conditions that apply for any of them on the same line.

Example: If **you** have not had any other medical conditions, your mother had both high blood pressure and diabetes, and your father had high blood pressure, you would mark your answers as shown:

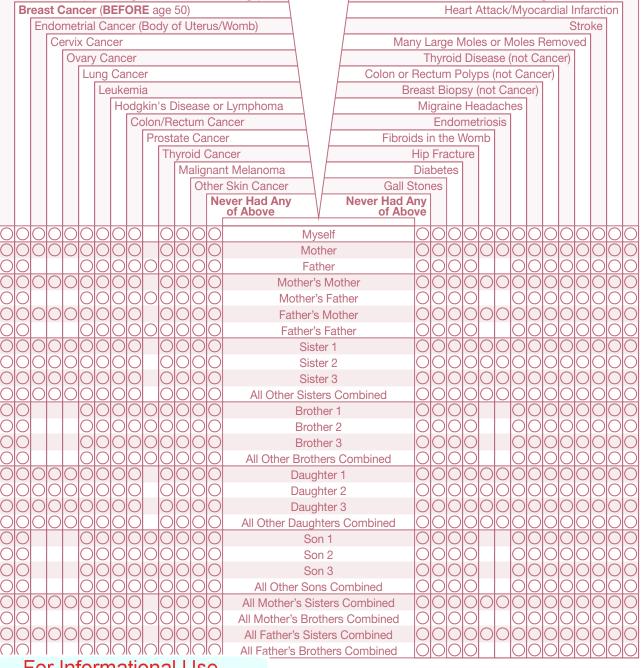
High Blood	Pre	SSL	ıre								
Diabetes											
Never Had A of Abo											
Myself		O									
Mother	0										
Father											

High Blood Pressure

Cancers

Breast Cancer (AFTER age 50 OR don't know age)

Other Medical Conditions





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Not to be used without CTS permission This Form is Non-Scannable Following are questions about your physical activity at various times in your life. For each of the ages below that apply, please estimate the average amount of **time each week** and the average number of **months each year** that you spent in these activities.

68. STRENUOUS EXERCISE

How often did you participate in STRENUOUS exercise activities or sports (e.g., swimming laps, aerobics, calisthenics, running, jogging, basketball, cycling on hills, racquetball)?

			Av	erage	Average months per year:								
	None	None 1/2 1 1 1/2 2 3 4-6 7-10 11 or hr hr hrs hrs hrs hrs hrs more hrs									4-6	7-9	10-12
During High School	\circ	\bigcirc	0	\circ	\circ	\circ	\bigcirc	\circ	\circ		\circ	0	\circ
Between Ages 18 and 24		\bigcirc	\bigcirc		\bigcirc	\circ	\circ	0	\circ		\circ	\bigcirc	
Between Ages 25 and 34		\circ	0		\circ	0	0	0	0	0	0	0	0
Between Ages 35 and 44		\bigcirc	\bigcirc		\bigcirc	\circ	\circ	0	\circ		\circ	\bigcirc	
Between Ages 45 and 54		0	0		0	0	0		0	0	0	0	0
Past 3 years	\circ	\bigcirc	\bigcirc	\circ	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\circ	0	\circ	\bigcirc	\bigcirc

69. MODERATE EXERCISE

How often did you participate in MODERATE exercise activities or sports (e.g., brisk walking, golf, volleyball, cycling on level streets, recreational tennis, or softball)?

			Av	erage	Average months per year:								
	None	None 1/2 1 1 1/2 2 3 4-6 7-10 11 or hr hr hrs hrs hrs hrs hrs more hrs									4-6	7-9	10-12
During High School	\circ	0	\circ	\circ	0	\bigcirc	\bigcirc	\circ	\circ	0	\circ	\circ	\circ
Between Ages 18 and 24	\circ	\bigcirc	\circ	0	\bigcirc	\circ	\circ	\circ	\circ	0	\circ	\bigcirc	
Between Ages 25 and 34	0	0	0	0	0	0	0	0	0	0	0	0	0
Between Ages 35 and 44	\circ	\bigcirc	\circ	0	\bigcirc	\circ	\circ	\circ	\circ	0	\circ	\circ	
Between Ages 45 and 54	0	0	0		0	0	0		0	0	0	0	0
Past 3 years	\circ	\bigcirc	\circ	\circ	\circ	\bigcirc	\bigcirc	\bigcirc	\circ	0	\bigcirc	\bigcirc	\bigcirc

70. OTHER ACTIVITIES

In the **past year**, on average, how many **hours per day** did you spend in each of the following activities?

		Α	verag	ge ho	urs p			er we	ek:				
	None	None <1 1 2 3-4 5-6 7-9 10 or More								1	2-3	4-5	6-7
Casual walking	\circ	\bigcirc	\circ	\circ	\circ	\circ	\circ	\bigcirc		\bigcirc	\circ	\circ	\circ
Doing housework		\bigcirc	\circ	\bigcirc	\circ	\circ	\circ	\circ		\bigcirc	\circ	\circ	\circ
Standing or walking at work	0	\circ	0	0	0	0	0	0		0	0	0	0
Sitting	\circ	\bigcirc	\circ	\bigcirc	\circ	\circ	\circ	\circ		\bigcirc	\circ	\circ	0
Sleeping	0	\circ	\circ	0	0	\circ	0	\circ		\bigcirc	\circ	\circ	0



Gotta keep movin!!



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71. During the past year have you taken any vitamins or minerals regularly (at least once a week)? O No (go to 73)

			Н	lOW (OFTE	N		FO	R HO	W MA	NY Y	EARS	3 ?
VITAMIN TYPE			DON'T TAKE			EVERY DAY		LESS THAN 1 YR.	1 YEAR	2 YEARS	3-4 YEARS	5-9 YEARS	10+ YEAR
Multiple Vitamins													
Regular One-A-Day, Centrum, or Th	era ty	pe pe	0	0	0	0		0	0	0	0	0	0
Single Vitamins (not part of multiple													
Vitamin A (not beta-carotene)		,	0	0	0	0		0	0	0	0	0	0
Beta-carotene			\circ	0	0	0		0	0	0	0	0	0
Vitamin C			0	0	0	0		0	0	0	0	0	0
Vitamin E			0	0	0	0		0	0	0	0	0	0
Selenium			0										
72. If you take any of the following of go and get the bottle(s). Please it: (choose the closest measure) Vitamin A OR Beta-carotene	indica		muc	h of	each		in y	ou tak					
(Part of multiple vitamin only)	(IU)	5000		0000 () 1000	10 (2	0000+						
Vitamin A (Separate Pills only)	(IU)	5000				00 🔘 1							
Beta-carotene (Separate Pills only)	(IU)	6000	$\overline{}$	`	_	00 🔘 5		_					
Vitamin C (Alone or multiple vitamin)		O 100	\bigcirc 2	`	500	$\overline{}$	50 (1000	_	`	2000	O 3	+000
Vitamin E	(IU)	O 50	\bigcirc 2		400	0 8		1000	\sim	000+			
Selenium	(mcg.)	O 10	O 1	5 (20	O 3	0 (4 0	\bigcirc 5	0+			
If you take multiple vitamin(s), p	lease	print tl	he br	and r	name	(s) he	re:_						

The next section is about your usual eating habits over the past year. We know that this section is long and can become tedious but it is very important for our understanding of breast cancer risk and may help in finding ways to prevent this disease.

- 73. FIRST: Mark the column to show HOW OFTEN, on the average, you ate the food during the past year. SECOND: Mark the column to show HOW MUCH you usually eat of each food.
 - Sometimes the "how much" is asked as number of pieces, such as 1 egg, 2 eggs or 3 eggs. Mark your serving size as the number you usually eat ON THE DAYS YOU EAT IT.
 - Sometimes the "how much" is asked as small-medium-large (S-M-L). A "medium" serving is indicated for each food, but only as a guideline. Mark "small" if you think you usually eat a smaller portion of that food than other women of your age. Mark "large" if you eat more of it than other women of your age.

EXAMPLE: This person eats one medium size banana per week.

			HO\	N OF	TEN				HO	W ML	JCH	
TYPE OF FOOD	NEVER OR LESS	1 PER	2-3 PER	1 PER	2 PER	3-4 PER	5-6 PER	EVERY	MEDIUM		YOUR VING	
	THAN ONCE PER MONTH		MON.	WEEK	WEEK				SERVING	S	M	L
EXAMPLE: Bananas	0	0	0		0	0	0	0	1 medium	1/2		2
FRUIT												
Bananas		0	0	0	0	0	0	0	1 medium	1/2	1	2
Apples, applesauce		0	0	0	0	0	0	0	1 medium	1/2	1	2
Oranges (not including juice)		0	0	0	0	0	0	0	1 medium	1/2	1	2
Grapefruit (not including juice)		0	0	0	0	0	0	0	1/2 medium	1/4	1/2	1
Cantaloupe		0	0	0	0	0	0	0	1/4 medium	1/8	1/4)	1/2
Peaches, apricots (fresh, in season)		0	0	0	0	0	0	0	1 medium	1/2	1	2

HOW OFTEN HOW										W MU	JCH	
TYPE OF FOOD	NEVER OR LESS	1	2-3	1	2	3-4	5-6		MEDIUM	SFR	YOUR	
	THAN ONCE PER MONTH	PER MON.	PER MON.	PER WEEK	PER WEEK	PER WEEK		EVERY DAY	SERVING	S	М	L
Peaches, apricots	_		_						1 medium			
(canned or dried)	0	0	0	0	0	0	0		or 1/2 cup	(S)	M	(L)
Prunes, or prune juice Watermelon (in season)		0		0	0	0		0	1/2 cup 1 slice	(S)	M	L L
Strawberries, other berries									1 31100			
(in season)	0	0	0	0	0	0	0	0	1/2 cup	S	M	L
Any other fruit, including kiwi, fruit cocktail, grapes, raisins, mangoes	0	0	0	0	0	0	0	0	1/2 cup	S	M	(L)
EGGS, DAIRY, CEREALS												
Fiber cereals like raisin bran, granola or Shredded Wheat									1 med. bowl	(S)		
Sweetened cereals like Frosted Flakes	0	0	0	0	0	0	0	0	1 med. bowl	S	M	L L
Other cold cereals like corn flakes												
or Cheerios	0	0	0	0	0	0	0	0	1 med. bowl	S	M	(L)
Cooked cereal like oatmeal, oat bran or grits									1 med. bowl	S	M	(L)
Milk on cereal	ŏ	ŏ	ŏ	ŏ	ŏ	ŏ	ŏ	ŏ	1/2 cup	S	M	(L)
Breakfast bars, granola bars, power bars	0	0	0	0	0	0	0	0	1 serving	S	M	L
Breakfast shakes, diet shakes	0	0	0	0	0	0	0	0	1 serving	S	M	(L)
Pancakes or waffles	0	0	0	0	0	0	0	0	2 med.	1	2	3
Eggs		0		0	0			0	1 egg=sml. 2 eggs=med.	1 egg	eggs	3 eggs
Egg substitutes, Egg Beaters, egg whites	0	0	0	0	0	0	0	0	2 eggs	① egg	2 eggs	3 eggs
Sausage or bacon	0	0	0	0	0	0	0	0	2 patties or pieces	1 piece	2 pieces	3 pieces
Cottage cheese	0	0	0	0	0	0	0	0	1/2 cup	S	M	L
Other cheeses and cheese spreads (regular or lowfat)	0	0	0		0	0	0	0	2 slices or 2 ounces	1	2	3
Yogurt, frozen yogurt (regular or lowfat)	0	0	0	0	0	0	0	0	8 oz. container	S 5 oz.	M) 8 oz.	10 oz.
VEGETABLES (fresh, frozen or can	ned, or in 1	estau	ırants	3)								
String beans, green beans	0	0			0		0		1/2 cup	S	M	L
Peas	Ŏ	0	0	0	0	0	0	Ŏ	1/2 cup	S	M	(L)
Chili with beans (with or without meat)	Ō	0	0	0	0	0	0	0	1 cup	S	M	(L)
Other beans such as baked beans, pintos, kidney (not including soup)									3/4 cup	S	M	L
Corn	Ŏ	Ŏ	0	0	0	0	0	Ŏ	1/2 cup	S	M	(L)
Alfalfa sprouts, including on sandwiches	0	0	0	0	0	0	0	0	1/2 cup	S	M	L
Tomatoes, tomato juice	0	0	0	0	0	0	0	0	1 medium or 6 oz. glass	S	M	(L)
Salsa, ketchup, taco sauce	0	0	0	0	0	0	0	0	2 tablesp.	S	M	L
Broccoli	Ō	O	0	0	0	0	O	O	1/2 cup	S	M	L
Cauliflower or brussels sprouts	0	0	0	0	0	0	0		1/2 cup	S	M	(L)
Spinach (cooked or raw)	0	0	0	0	0	0	0		1/2 cup	S	M	(L)
Mustard greens, turnip greens, collards Cole slaw, cabbage	0		0	0	0	0		0	1/2 cup 1/2 cup	S	M	(L)
Carrots, or mixed vegetables									. = - * * *			
containing carrots	0	0	0	0	0	0	0	0	1/2 cup	S	M	(L)
Green salad	0	0	0	0	0	0	0	0	1 med. bowl	S	M	(L)
Salad dressing & mayonnaise (regular or lowfat)						_	_			_	<u>.</u>	_
(-35.5. 5. 15. 14.)							L		For Inf	orm	natio	onal

			HU	HOW OFTEN									
TYPE OF FOOD	NEVER OR LESS	1	2-3	1	2	3-4 PER	5-6 PER	EVEDY	MEDIUM	SER	YOUR VING		
	THAN ONCE PER MONTH	PER MON.	PER MON.	PER WEEK	PER WEEK			EVERY DAY	SERVING	S	М	L	
French fries and fried potatoes	0	0	0	0	0	0	0	0	3/4 cup	S	M	Ŀ	
Sweet potatoes, yams	0	0	0	0	0	0	0	0	1/2 cup	S	M	(L)	
Other potatoes, including boiled, baked, mashed & potato salad	0	0	0	0	0	0	0	0	1 medium or 1/2 cup	S	M	L	
Any other vegetable, such as cooked onions, summer squash	0	0	0	0	0	0	0	0	1/2 cup	S	M	L	
Butter, margarine or other fat added to veg., potatoes, etc.	0	0	0	0	0	0	0	0	2 pats	① pat	2 pats	3 pats	
Tofu, bean curd	0	0	0	0	0	0	0	0	1/2 cup	S	M	(L)	
Meat substitutes made from soy	0	0		0	0	0	0	0	1 cup or patty	S	M	L L	
MEATS, SOUPS, PASTA													
Hamburgers, cheeseburgers	0	0			0	0	0	0	1 med. or 4 oz.	S	M	L	
Burritos or tacos with meat or beans	Ö	Ö	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	1 medium or 2 small	S	M	(L)	
Beef roasts, steaks, sandwiches	0	0	0	0	0	0	0	0	4 ounces	S	M	Ŀ	
Beef stew or pot pie with carrots or other vegetables						0		0	1 cup	S	M	L	
Liver, including chicken livers	0	0	0	0	0	O	Ó	0	4 ounces	S	M	(L)	
Pork, including chops, roasts	0			0	0			0	2 chops or 4 ounces	S	M	(L)	
Fried chicken	0	0	0	0	0	0	0	0	2 small or 1 large pce.	S	M	L	
Chicken or turkey (roasted or broiled, including on sandwiches)	0	0	0	0	0	0	0	0	2 small or 1 large pce.	S	M	(L)	
Chicken stew or mixed dish with chicken	0	0	0	0	0	0	0	0	1 cup	S	M	L	
Fried fish or fish sandwich		0		0	0	0	0	0	4 ounces or 1 sandwich	S	M	L	
Tuna, tuna salad, tuna casserole	0	0	0	0	0	0	0	0	1/2 cup	<u>s</u>	M	(L)	
Oysters									5 pieces, 1/4 cup or 3 oz.	S	M	L L	
Shell fish, (shrimp, crab, lobster, etc.)	0	0	0	0	0	0	0	0	5 pieces, 1/4 cup or 3 oz.	S	M	L	
Other fish (broiled or baked)	0	0	0	0	0	0	0	0	2 pieces or 4 ounces	S	M	L	
Spaghetti, lasagna, other pasta with tomato sauce	0	0	0	0	0	0	0	0	1 1/2 cups	S	M	L	
Cheese dishes without tomato sauce, like macaroni and cheese	0	0	0	0	0	0	0	0	1 cup	S	M	L	
Pasta salad, other pasta without tomato sauce									0/4 =:				
Pizza	0	0	0	0	0	0	0	0	3/4 cup 2 slices	slice	M 2 slices	L 3 slices	
Hot dogs	0	0	0	0	0	0	0	0	2 hot dogs	① dog	2 dogs	3 dogs	
Ham, bologna, other lunch meats (regular or made with turkey)	0	0	0	0	0	0	0	0	2 slices or 2 ounces	1) slice	2 slices	3 slices	
Vegetable soups with carrots or tomatoes, such as vegetable beef or tomato soup									1 mod boul	0			
Lentil, pea and bean soups	0	0	0	0	0	0	0	0	1 med. bowl 1 med. bowl	S	M	L L	
Other soups, like chicken noodle, mushroom, Cup-A-Soup, ramen	0	0	0	/			For		l ormatic				

4+

HOW OFTEN HOW MUCH														
TYPE OF FOOD	NEVER OR LESS	1	2-3	1	2	3-4	5-6		2+	MEDULA	SI	YOU	JR G SIZE	
	THAN ONCE PER MONTH	PER MON.	PER MON.	PER WEEK	PER WEEK	PER WEEK		EVERY DAY	PER DAY	MEDIUM SERVING	S	M	L	XL
DDEADC CNACKC CD		/ To 1		.1	-1									7.2
BREADS, SNACKS, SP	KEADS (Pleas	se not	e that	the c	atego	ries f	or the	ese co		ditte	rent.)	1	
Biscuits, muffins, (including fast foods)			0	0					\circ	1 medium piece	(S)	M	(L)	
Bagels, English muffins, hamburger buns	0	0	0	0	0	0	0	0	0	1 medium piece	1/2	1	2	
White bread, French or Italian bread, including sandwiches	0	0	0	0	0	0	0	0	0	# slices each time	1) slice	2 slices	3 slices	
Dark bread, such as whole wheat, rye, pumpernickel	0	0	0			0			0	# slices each time	1) slice	2 slices	3 slices	
Corn bread, corn muffins	Ö	ŏ	Ŏ	Ŏ	ŏ	Ŏ	ŏ	Ŏ	Ŏ	# pieces	1) piece	2 pieces	3 pieces	
Tortillas	0	0	0	0	0	0	0	0	0	# slices	1 tort.	2 2 tort.	3 3 tort.	4 4 tort.
Snacks like nachos with cheese, potato skins with topping	0	0	0	0	0	0	0	0	0	1 medium serving	S	(M)	(L)	(L)
Salty snacks, like potato chips, corn chips, popcorn, crackers	0	0	0	0	0	0	0	0	0	2 handfuls or 1 cup	S	M	(L)	(L)
Peanuts, peanut butter	Ö	Ŏ	0	0	0	0	0	0	\circ	2 tablesp.	S	M	(L)	
Margarine on bread or rolls	0	0	0	0	0	0	0	0	0	2 pats	S	M	(L)	
Butter on bread or rolls Rice, or dishes made with rice	0	0	0	0	0	0	0	0	0	2 pats 3/4 cup	S S	(M)	(L)	(L)
SWEETS										3/ 4 6up				
lce cream (regular or lowfat)	0	0								1 scoop	S	M	L	(1)
Doughnuts, pastry	0	0	0	0	0	0	0	0	0	or 1/2 cup	S	M	L	(L)
Cookies or cake (regular or lowfat)		Ŏ	0	Ŏ	0	0	ŏ	0	Ŏ	3-5 cookies	1-2	3-5	6-7	8+)
Pumpkin pie, sweet potato pie	0	0	0	0	0	0	0	0	0	1 med. slice	S	M	(L)	
Other pies	0	0	0	0	0	0	0	0	0	1 med. slice	S S	M	(L)	
Chocolate candy, candy bars									0	1 small bar or 1 oz.				
Other candy or jelly	0	0	0	0	0	0	0	0	0	3 pieces or 1 tblsp.	S	M	(L)	
BEVERAGES (Please no	ote that t	he ca	tego	ries	for t	hese	colu	ımns	are	different	.)			
Orange juice or grapefruit juice	0	0	0	0	0	0	0			6 oz. glass	0 4 oz.	6 oz.	8 oz.	
Apple juice, grape juice	0	0	0	0	0	0	0			6 oz. glass	0 4 oz.	6 oz.	8 oz.	
Whole milk (or chocolate whole milk), not including on cereal	0	0	0	0	0	0	0	0		8 oz. glass	5 oz.	8 oz.	0 10 oz.	
2% milk (or chocolate 2% milk), not including on cereal	0	0	0	0	0	0	0	0		8 oz. glass	5 oz.	8 oz.	10 oz.	
Skim milk, 1% milk, not including on cereal	0	0	0	0	0	0	0	0		8 oz. glass	5 oz.	8 oz.	0 10 oz.	
Kool-Aid, Hi-C, or other drinks with added vitamin C	0	0	0	0	0	0	0	0		8 oz. glass		0 8 oz.	0 10 oz.	
Snapple, Calistoga, sweetened bottled waters or iced teas	0	0	0	0	0	0	0	0		1 bottle	0 8 oz.	0 12 oz.	0 16 oz.	
Regular soft drinks (not diet soda)	0	0	0	0	0	0	0	0	0	12 oz. can or bottle	0 8 oz.	0 12 oz.	0 16 oz.	
Coffee or tea Non-dairy creamer in coffee or tea	0	0	0	00	0	00	0	0	00	1 med. cup 1 tablesp.	S S	M	(L)	
Cream (real) or Half-and-Half in coffee or tea	0	0	0	0	0	0	Λ			or Infor				se
· I				_	14		4	+		to be used to This Form	withou	t CTS	perm	issior

			Н	lOW (OFTE	N				HOW MUCH					
TYPE OF FOOD	NEVER OR LESS THAN	1-3 PER	1 PER	2-4 PER	5-6 PER	1 PER	2-3 PER	4 PER	5+ PER	MEDIUM		YOUR VING S			
	ONCE PER MONTH			WEEK			DAY	DAY	DAY	SERVING	S	M	L		
Milk in coffee or tea	0	0	0	0	0	0	0	0	0	1 tablesp.	S	M	(L)		
Sugar or honey in coffee or tea or on cereal	0	0	0	0	0	0	0	0	0	2 teaspoons	S	M	L		

	AVERAGE USE LAST YEAR											
74.	SUMMARY QUESTIONS	LESS THAN ONCE PER WEEK	1-2 PER WEEK	3-4 PER WEEK	5-6 PER WEEK	1 PER DAY	1 1/2 PER DAY	2 PER DAY	3 PER DAY	4+ PER DAY		
a.	How often do you use fat or oil in cooking?	0	0	0	0	0	0	0	0	0		
b.	About how many servings of vegetables do you eat, not counting salad or potatoes?	0	0	0	0	0	0	0	0	0		
C.	About how many servings of fruit do you eat, not counting juices?	0	0	0	0	0	0	0	0	0		
d.	About how many servings of cold cereal do you eat?	0	0	0	0	0	0	0	0	0		
e.	About how many glasses of milk (or chocolate milk) do you drink?	0	0	0	0	0	0	0	0	0		



Wow! Survived the hardest part!



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75.	What kinds of fat do youse most often. O Don't know Stick margarine Butter	Pam or no oil Soft tub margarine Olive oil or canola	○ Lard, fatbacl	Ing (to fry, stir-fry or saute)? Mark the one or two y Card, fatback, baconfat Corisco Low calorie margarine Corn oil, vegetable oil					
76.	What kinds of fat do you most often. O Don't add fat Stick margarine Butter	Lard, fatback, bacc Soft tub margarine Whipped butter	onfat O Crisco		two you use				
77.	When you eat the follo Cheese Ice cream or yogurt Salad dressing Cake or cookies	wing foods, how ofte Always low-fat Always low-fat Always low-fat Always low-fat	on do you eat a low-fa Sometimes Sometimes Sometimes Sometimes	○ Ra ○ Ra ○ Ra	on of that food? rely low-fat rely low-fat rely low-fat rely low-fat				
78.	How often do you add	salt to your food?	○ Seldom/Never	Sometimes	Often				
79.	How often do you eat t	he skin on chicken?	○ Seldom/Never	○ Sometimes	Often				
80.	How often do you eat t	he fat on meat?	○ Seldom/Never	○ Sometimes	Often				
81.	How often do you char	broil/fry your meat?	○ Seldom/Never	○ Sometimes	Often				
82.	How do you like your	meat cooked?	Rare	○ Medium	O Well done				

83. Please indicate how much and how often you usually drank each beverage.

1 Drink is					er we r each			Но	w man	y day:				you
1 glass of wi	in, or glass of beer ine, champagne, or wine cooler	N o n	3 or	4 to	11 to	18 to	25 or	1	2	3	4	5	6	7
1 cocktail, sl	hot, or mixed drink of liquor	e	Less	10	17	24	More							
Age	Beer		\circ	\circ	\circ	\circ	\circ		\circ	\circ	\circ	\circ	\circ	\circ
18-22	Wine, Champagne		\circ	\circ	\circ	\circ	\circ		\circ	\circ	\circ	\circ	\circ	\circ
	Cocktails, liquor	0		0	0	0	0	0		0	0	0	0	\circ
Age	Beer	0	0	0	0	0	0	0	0	0	0	0	0	0
30-3	Wine, Champagne		\circ	\bigcirc	\circ	\bigcirc	\circ		\bigcirc	\circ	\circ	\circ	\circ	\bigcirc
	Cocktails, liquor	0	0	\circ	0	\circ	\circ	0	\circ	\circ	0	\circ	0	\circ
Past	t Beer	0	0	0	0	0	0	0	0	0	0	0	0	0
Year	Wine, Champagne		\circ	\bigcirc	\circ	\bigcirc	\circ		\bigcirc	\circ	\circ	\circ	\circ	\bigcirc
	Cocktails, liquor	0	0	\circ	0	\circ	\circ	0	\circ	0	0	0	0	\circ

84.	Have you smoked at least 100 cigarettes in	n
	your entire life?	

- O No (go to question 87)
- O Yes, and I currently smoke
- O Yes, and I no longer smoke

85. How old were you when you first smoked fairly regularly, and (if no longer smoking) how old were you when you <u>last</u> smoked?

Never Smoked Regularly

AGE:

irst Smoked	Last Smoked
00	00
11 11	1 1
22	22
33	33
44	4 4
5 5	5 5
66	66

- 86. On average, about how many cigarettes a day do you/did you smoke?
 - O Less than 1 cigarette
- 15-1920-29
- 0 1-4
- 30-39
- 5-910-14
- O 40 or more

87. Did your parents smoke in the house when you lived with them?

- O Father only
- O Mother only
- O Both parents
- O Neither parent

88. As an adult have the persons with whom you have lived smoked?

- O Never
- Rarely
- O Some of time
- O Yes, usually
- O Have lived alone

89. Please give us your telephone number to call if we have a question.

88

99

HC	ME	П	ELE	PH	10	IE I	NUI	MB	EF
()			-	-			
0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	(3
4	4	4	4	4	4	4	4	4	4
(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
(8)	(8)	(8)	(8)	(8)	(8)	(8)	(8)	(8)	(8)

90. Fill in today's date.

МО		DAY		YEAR			
				O 1995			
				O 1996			
0	0	0	0	O 1997			
1	1	1	1	O 1998			
	2	2	2	O 1999			
	3	3	3	O 2000			
	4		4	O 2001			
	(5)		(5)	O 2002			
	6		6	O 2003			
	7		7				
	(8)		(8)				

91. Please tell us your Social Security number (this will be used for identification purposes only).

SO	CIA	L S	EC	URI	ΤY	NU	MB	BER
		-	-	_	-			
0	(0)	0	<u></u>	<u> </u>	<u></u>	0	(0)	0
1	(1)	(1)	1	(1)	1	1	1	(1)
2	2	\simeq	\simeq	2	2	2	2	2
3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4
(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)
6	(6)	(6)	(6)	(6)	(6)	(6)	(6)	(6) (7)
8	(8)	(7) (8)	(7) (8)	(7) (8)	(7) (8)	(7) (8)	(8)	8
9	9	\simeq	\simeq	9	9	9	9	9





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