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Life experiences/ Health survey


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For the next five minutes, please think of the time when you felt the happiest in your life. Please write about that time in detail, while trying to re-experience the emotions involved.

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Life experiences/ Health survey

On a scale of 1 to 7, how much do you currently feel happy?
 1 Not at all 2 3 4 5 6 7 Extremely

On a scale of 1 to 7, how much do you currently feel sad?
 1 Not at all 2 3 4 5 6 7 Extremely

On a scale from 1 to 7, how much do you currently feel angry?
 1 Not at all 2 3 4 5 6 7 Extremely

On a scale from 1 to 7, how much do you currently feel hopeful?
 1 Not at all 2 3 4 5 6 7 Extremely

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In this study we are interested in investigating values. By values we mean the moral principles and standards by which people try to live their lives. For example, honesty might be a core value for some people. That is, they may try to be honest in all they do when dealing with other people.

Please look at the list of values below, and check the one that is **most** important to you.

- Artistic skills
- Athletics
- Business/earning money
- Compassion
- Conscientiousness
- Creativity
- Friendliness
- Generosity
- Hedonism (the pursuit of pleasure/happiness)
- Honesty
- Independence
- Intelligence
- Kindness
- Musical ability/appreciation
- Politics
- Relations with friends or family
- Spirituality/Religiousness
- Sense of Humor
- Spontaneity/Living life in the moment
- Trustworthiness
- Other

Quit

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Life experiences/ Health survey

On the previous page, you chose a value that is most important to you. Please type a short statement about why this value is important to **you**. Take a few minutes to think about this value and how this value has influenced your past behaviors or attitudes. Please write about how you use this value in your everyday life – at work, at home, with friends, or in dealing with strangers. If you can, try to recall and write about specific occasions on which this value determined what you did.

Quit

Next



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Life experiences/ Health survey

Alcohol and breast cancer

Drinking a single alcoholic drink a day increases a woman's chance of developing breast cancer by around 6%, according to a major global study of women's smoking and drinking behavior. The new research, published in a leading cancer journal, estimates that alcohol accounts for around 4 percent of breast cancers in the developed world - and nearly 2000 deaths from breast cancer each year in the US alone. If women's alcohol consumption continues to increase, this figure is likely to rise. In contrast, smoking, which causes a third of all cancers, was not found to contribute to breast cancer.

New Facts about alcohol

In the past it has been extremely difficult for researchers to separate the effects of tobacco from the effects of alcohol because the more women drink the more they tend to smoke and vice versa. This is a major reason why previous work has yielded conflicting results regarding the impact of drinking on cancer risk. The sheer size of the new study, including data from approximately 150,000 women around the globe, allows the researchers to disentangle the two factors and make the most accurate estimates ever of the risks associated with smoking and drinking. Dr. Richard Doll, a co-author of the study, said: "There has been a great deal of research on whether smoking or alcohol contribute to breast cancer but until now results have been confusing. For the first time we have undertaken a study large enough and detailed enough to look at the separate effects of tobacco and alcohol reliably. When we did this we found that drinking, but not smoking, increases the risk of breast cancer."

How much alcohol?

Professor Valerie Beral of the Cancer Epidemiology Center in Oxford, England, and co-author of the study said: "This research tells us there is a definite link between alcohol and breast cancer and the evidence suggests that the more a woman drinks the greater her risk." The average alcohol intake, especially for young women, has increased significantly in the last decade. This increase in alcohol consumption could have a significant impact upon breast cancer incidence. This research suggests that a woman who regularly drinks one serving a day (7 a week) has an increased risk of breast cancer of 6%, while having an average of 2.5 drinks a day (17.5 a week) will increase her risk by 15%. Current research suggests that alcohol may increase the risk of breast cancer by raising the levels of estrogen in the body. Estrogen has a well-established link with breast cancer, with research suggesting estrogen can play a role in both triggering its development and encouraging the growth of tumors.

- By the age of 80 breast cancer affects 3.3 out of every 100 women.
- One alcoholic drink a day raises the figure for women to 9.4 cases per 100.
- Six alcoholic drinks a day raises the figure for women to 13.3 cases per 100.

What about the benefits of alcohol?

While women who drink are at a higher risk for a number of diseases, including cancers of the throat and liver, they are at a lower risk of heart disease and stroke than are non-drinkers. Dr. Gillian Reeves, who also co-authored the report, says "The balance between the harmful effects of alcohol on breast cancer and its beneficial effects on heart disease depend on a woman's age." It is not until after the age of 65 or so that the benefits of moderate drinking become apparent, before then the risk of breast cancer is far higher than that of heart disease.

Drinking too much is dangerous

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- By the age of 80 breast cancer affects 8.8 out of every 100 women.
- One alcoholic drink a day raises the figure for women to 9.4 cases per 100.
- Six alcoholic drinks a day raises the figure for women to 13.3 cases per 100.

What about the benefits of alcohol?

While women who drink are at a higher risk for a number of diseases, including cancers of the throat and liver, they are at a lower risk of heart disease and stroke than are non-drinkers. Dr. Gillian Reeves, who also co-authored the report, says "The balance between the harmful effects of alcohol on breast cancer and its beneficial effects on heart disease depend on a woman's age." It is not until after the age of 65 or so that the benefits of moderate drinking become apparent, before then the risk of breast cancer is far higher than that of heart disease.

Drinking too much is dangerous

The Chief Executive of the cancer charity that funded this research, Paul Nurse, said: "Large studies of this kind are very important for dissecting the complex causes of cancer. This research reinforces advice that excessive drinking can be hazardous. It seems that women's attitudes regarding alcohol are changing and this can only have a negative impact on their health. It's important that we get the message out to young women that drinking too much is dangerous." There are many things that you can do to look after your heart, including plenty of exercise and eating a healthy diet. The small benefit that alcohol brings is not large enough to recommend that those who do not drink should start. Considering the potential harmful effects of drinking including breast cancer, it is advised that those who do drink should attempt to cut down and to have several days a week without alcohol. According to the U.S. Department of Health and Human Services, people should not exceed the following recommendations for alcohol consumption:

- For women, no more than 1 serving per day (12 oz. of beer, 5 oz. of wine, or 1.5 oz. of hard liquor) and no more than 7 servings per week.
- For men, no more than 2 servings per day (24 oz. of beer, 10 oz. of wine, or 3 oz. of hard liquor) and no more than 14 servings per week.

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How worried are you about your drinking behavior?

1 Not at all worried 2 3 4 5 6 7 Extremely worried

How worried are you about developing breast cancer because of your drinking behavior?

1 Not at all worried 2 3 4 5 6 7 Extremely worried

How would you rate your chance of getting breast cancer in your lifetime?

Very low
 Moderately low
 Neither high nor low
 Moderately high
 Very high

Overall, how do you think your chance of developing breast cancer in your lifetime compares to the average woman your age?

Much lower than average
 Somewhat lower than average
 About the same
 Somewhat higher than average
 Much higher than average

I feel very vulnerable to breast cancer.

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

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I intend to decrease the amount I drink in the next 2 weeks.

1 Definitely will not do 2 3 4 5 6 7 Definitely will do

I intend to decrease the number of times I drink in the next 2 weeks.

1 Definitely will not do 2 3 4 5 6 7 Definitely will do

I intend to decrease the highest amount of alcohol I drink at one time in the next 2 weeks.

1 Definitely will not do 2 3 4 5 6 7 Definitely will do

Click on the linkbelow if you would like to be directed to resources that would help you toreduce your alcohol consumption:

<http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/Resources.asp>

Quit **Finished**