

## Sample Tool: Knowledge (Tamoxifen)

### A. What I know about options for lowering my risk of breast cancer

We would like to know how much you know about options for lowering your risk of breast cancer after you have used the workbook and audiotape. Don't worry if you can not remember everything ... we did not expect you to memorize the information you received. But it would help us learn what things impressed you enough that you can recall them easily. If you wish, you can refer back to the audiotape and workbook.

Below are listed some statements about options for lowering your risk of breast cancer. Please mark if you think they are true, false or you are not sure by circling your answer.

#### 1. Options for lowering my risk of breast cancer are:

Exercising regularly	True	False	Unsure
Having a healthy weight	True	False	Unsure
Drinking more alcohol	True	False	Unsure
Eating 5 or more fruit & vegetables a day	True	False	Unsure
Eating foods higher in fibre	True	False	Unsure
Eating foods higher in fat	True	False	Unsure
Taking tamoxifen every day	True	False	Unsure

#### 2. Tamoxifen can be given:

To women with breast cancer	True	False	Unsure
To healthy women who have a higher risk of breast cancer	True	False	Unsure
For 5 years	True	False	Unsure

#### 3. Benefits (pros) of taking tamoxifen for healthy women who are at higher risk of breast cancer are:

Lowers chance of breast cancer	True	False	Unsure
Lowers chance of cancer of the uterus	True	False	Unsure
Lowers chance of blood clots	True	False	Unsure
Lowers chance of osteoporosis	True	False	Unsure
Lowers blood levels of "bad" cholesterol	True	False	Unsure
Lowers chance of cataracts	True	False	Unsure

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### 4. Risks (cons) of taking tamoxifen for healthy women who are at higher risk of breast cancer are:

Increases chance of breast cancer	True	False	Unsure
Increases chance of cancer of the uterus	True	False	Unsure
Increases chance of blood clots	True	False	Unsure
Increases chance of osteoporosis	True	False	Unsure
Increases blood levels of “bad” cholesterol	True	False	Unsure
Increases chance of cataracts	True	False	Unsure

### 5. Some side effects of tamoxifen are:

Hot flashes	True	False	Unsure
Insomnia	True	False	Unsure
Breast tenderness	True	False	Unsure
Weight gain	True	False	Unsure
Vaginal dryness	True	False	Unsure