

H1-3 Putting Risk of Various Health Threats Into Perspective

Find the appropriate chart and the line with your age. The number next to your age tells how many of 1000 people will die in the next 10 years from each cause of death. The numbers in each row do not add up to the chance of dying from any cause because there are many other causes of death in addition to the ones listed here.

Risk chart for women who have never smoked

Find the line with your age. The numbers next to your age tell how many of 1000 women will die in the next 10 years from each cause of death

Age, y	Vascular disease		Cancer type					Infection			Accidents	Any cause		
	Heart attack	Stroke	Lung	Breast	Colon	Ovarian	Cervical	Pneumonia	Influenza	AIDS				
20	Fewer than 1 death										2	4		
25	Fewer than 1 death										1	5		
30	Fewer than 1 death										2	7		
35	Fewer than 1 death										2	11		
40	1	1	Fewer than 1 death										2	17
45	2	1	1	4	1	1	1	Fewer than 1 death			2	26		
50	4	2	2	5	2	1	1	1	Fewer than 1 death		2	42		
55	7	2	3	6	3	2	1	1	Fewer than 1 death		2	66		
60	14	4	5	7	4	3	1	2	Fewer than 1 death		2	105		
65	30	10	7	9	6	3	1	4	Fewer than 1 death		3	158		
70	52	19	10	10	8	4	1	7	Fewer than 1 death		5	247		
75	90	36	11	11	11	4	1	15	Fewer than 1 death		7	381		
80	153	62	11	12	14	4	1	30	1	Fewer than 1 death		11	581	
85	221	86	8	12	15	3	1	48	3	Fewer than 1 death		14	771	
90	272	96	5	10	14	2	1	64	5	Fewer than 1 death		15	879	

Risk chart for women who currently smoke*

Find the line with your age. The numbers next to your age tell how many of 1000 women will die in the next 10 years from each cause of death.

Age, y	Vascular disease		Cancer type					Infection			Accidents	Any cause	
	Heart attack	Stroke	Lung	Breast	Colon	Ovarian	Cervical	Pneumonia	Influenza	AIDS			
20	Fewer than 1 death										2	8	
25	Fewer than 1 death										1	10	
30	1	1	1	1	Fewer than 1 death			2	Fewer than 1 death		2	14	
35	1	1	2	1	Fewer than 1 death			2	Fewer than 1 death		2	22	
40	3	2	4	2	1	Fewer than 1 death			1	Fewer than 1 death		2	32
45	6	4	10	4	1	1	1	1	Fewer than 1 death		2	50	
50	13	6	21	5	2	1	1	1	Fewer than 1 death		2	80	
55	24	9	36	6	3	2	1	2	Fewer than 1 death		2	125	
60	45	16	65	7	4	3	1	4	Fewer than 1 death		2	199	
65	50	16	85	9	6	3	1	8	Fewer than 1 death		3	301	
70	88	30	124	10	8	4	1	16	Fewer than 1 death		5	470	
75	153	58	137	11	11	4	1	33	1	Fewer than 1 death		7	725
80	261	99	136	12	14	4	1	66	3	Fewer than 1 death		11	>950
85	375	137	103	12	15	3	1	105	6	Fewer than 1 death		14	>950
90	462	154	64	10	14	2	1	140	12	Fewer than 1 death		15	>950

*Calculations for this chart are based on data that use the standard Centers for Disease Control and Prevention (CDC) definition of a smoker: someone who has smoked at least 100 cigarettes in her lifetime and smokes any amount now.

H1-3 (continued)

Risk chart for men who have never smoked

Find the line with your age. The numbers next to your age tell how many of 1000 men will die in the next 10 years from each cause of death.

Age, y	Vascular disease		Cancer type			Infection			Accidents	Any cause
	Heart attack	Stroke	Lung	Colon	Prostate	Pneumonia	Influenza	AIDS		
20	Fewer than 1 death								5	10
25	Fewer than 1 death								5	11
30	1							2	4	13
35	2							2	5	18
40	4	1		1				2	5	27
45	7	1	1	1		1		1	5	39
50	12	2	2	2	1	1		1	4	62
55	20	4	3	4	2	2		1	4	93
60	32	6	5	6	4	3			5	146
65	61	12	7	9	8	6			6	221
70	93	21	12	11	14	11			7	336
75	142	36	15	14	23	22	1		11	494
80	196	53	13	16	32	38	1		15	652
85	241	67	10	16	37	56	1		19	770
90	223	73	6	14	36	74	1		21	828

Risk chart for men who currently smoke*

Find the line with your age. The numbers next to your age tell how many of 1000 men will die in the next 10 years from each cause of death.

Age, y	Vascular disease		Cancer type			Infection			Accidents	Any cause
	Heart attack	Stroke	Lung	Colon	Prostate	Pneumonia	Influenza	AIDS		
20	Fewer than 1 death								5	23
25	1							1	5	26
30	2	1	1					2	4	30
35	4	1	2			1		2	5	43
40	9	2	6	1		1		2	5	64
45	17	3	13	1		1		1	5	91
50	32	5	33	2	1	2		1	4	145
55	51	8	55	4	2	3		1	4	217
60	84	14	98	6	4	6			5	341
65	91	18	152	9	8	11			6	516
70	140	31	249	11	14	23			7	786
75	213	54	330	14	23	44	1		11	>950
80	295	80	275	16	32	76	1		15	>950
85	361	100	211	16	37	113	2		19	>950
90	335	109	133	14	36	147	2		21	>950

*Calculations for this chart are based on data that use the standard Centers for Disease Control and Prevention (CDC) definition of a smoker: someone who has smoked at least 100 cigarettes in his lifetime and smokes any amount now

SOURCE: Woloshin, S., L. M. Schwartz, and H. G. Welch. 2002. Risk charts: Putting cancer in context. *Journal of the National Cancer Institute* 94(11): 799-804. Reprinted by permission of Oxford University Press.