

Baseline Assessment

Body composition, metabolic syndrome, physical activity and dietary intake measured. PBMC's will be isolated and DNA will be extracted from these samples.



Annual Questionnaire

Changes in lifestyle risk factors will be recorded annually using postal questionnaires.



Assessment 2: Two Years

Body composition, metabolic syndrome, physical activity and dietary intake will be measured.



Annual Questionnaire

Changes in lifestyle risk factors will be recorded annually using postal questionnaires.



Assessment 3: Five Years

Body composition, metabolic syndrome, physical activity and dietary intake will be measured.



Annual Questionnaire

Changes in lifestyle risk factors will be recorded annually using postal questionnaires.



Participants will be followed for 10 year. Breast cancer occurrence will be recorded. Data will be analysed for associations between modifiable lifestyle risk factors for breast cancer and breast cancer occurrence.