

BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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BREAST CARE

I found a lump – what do I do?

Huntsman Cancer Institute's High Risk Breast Cancer Clinic says: Breast lumps are very common, especially in younger women. Normal breast tissue consists of fat and connective tissue as well as ducts and glands. All of these structures have some lumpy or nodular texture, so breast tissue is not perfectly smooth. This can make it difficult to identify a worrisome lump from normal variation in breast texture. It is useful to have a general idea of what is normal for your breasts and not to ignore changes from your normal breast pattern.

Contact your health provider if:

- You find a new lump (or any change) that feels different from your other breast or any new discharge from your nipple.
- Also, get an annual breast exam and mammogram starting at age 40. If you have a family history of breast cancer, you may need to start breast cancer screening at a younger age.

PARTICIPANT RESEARCH HUB

HELP EXPAND THE BCFR

The Breast Cancer Family Registry is growing by enrolling new participants in the **Young Women's Study!** Here is why this new study is important:

- To create a resource for future research on the genetics of cancer
- To find new ways to prevent, diagnose, and treat cancer. We are collecting personal health information and biological samples to study how genes, lifestyle, and our environment may be associated with cancer
- To learn more about why breast cancer has been increasing in women under 40 and to improve clinical guidelines for young women

If you have a female relative that is 18-39 years old who may be interested, or wants to learn more, **please contact your local BCFR site or visit our [website!](#)**



MEET A RESEARCHER

Dr. Saundra Buys, MD

Dr. Saundra Buys works with the Breast Cancer Family Registry at our Utah site, located at the Huntsman Cancer Institute. Dr. Buys is the mother of breast cancer research and care in Utah. She is an internationally renowned leader in cancer screening and genetics, particularly through her work that has advanced our understanding of breast cancers that run in families.

Learn more about why she was inspired to become a physician here: <https://www.youtube.com/watch?v=nNHI5RFRPZg>.

HEALTHY TIPS

Arugula Salad with Kiwi, Strawberries, and Pecans

Find this recipe and more at [American Institute for Cancer Research](https://www.aicr.org/recipes/arugula-salad-with-kiwi-strawberries-and-pecans)

Ingredients:

- 1/2 cup orange juice
- 2 Tbsp. honey
- 1 Tbsp. fresh lime juice (lemon may be substituted)
- 1/4 tsp. paprika
- 2 Tbsp. extra virgin olive oil
- Zest of one large orange
- 1 Tbsp. finely chopped cilantro
- Salt and freshly ground black pepper
- 4 cups baby or regular arugula
- 4 green onions, sliced thin, including green stems
- 4 kiwi, peeled and thinly sliced
- 2 cups fresh halved strawberries
- 1/3 cup coarsely chopped, toasted pecans



Directions:

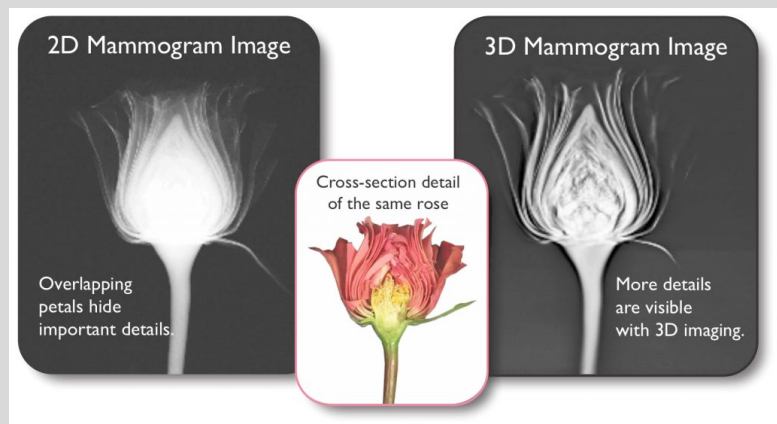
1. In small mixing bowl, whisk together orange juice, honey, lime juice and paprika. When well combined slowly add oil and continue whisking until mixture is smooth. Stir in zest and cilantro. Season to taste with salt and pepper. Set aside and allow dressing to stand for a minimum of 10 minutes for flavors to mingle.
2. On large serving platter or in large salad bowl, spread arugula and sprinkle with green onions. Arrange kiwi and strawberry slices on top.
3. Just before serving drizzle salad with dressing and garnish with pecans.

THANKYOU

To all the participants that have referred your relatives to join the BCFR through the Young Women's Study, and to our new young women participants, we thank you. We are actively enrolling new young women participants at all Registry sites, so please continue to share this study with your relatives! The Young Women's Study starts with five survey modules, including questions about medical history, lifestyle, demographics, reproductive history, and physical activity and neighborhood. These surveys take about 20 minutes total to complete. For young women who have already enrolled, the next set of surveys will be on the way soon!

Do I Need a 3D (Tomosynthesis) Mammogram?

Most mammograms are 2D, when an X-ray picture of the breast is taken from the top and from the side. In each of these images, all the breast tissue is overlapping. A 3D mammogram, or Tomosynthesis, takes several pictures of the breast with the x-ray machine moving in an arc around the breast. This creates thinner "slices" of the breast so the radiologist can see the breast tissue more clearly.



Wake Radiology, University of North Carolina

For most women, a 2D mammogram is adequate. For young women and those with dense breast tissue, a 3D mammogram has some advantages:

- Increases the chance of detecting breast cancer, particularly in women with dense breast tissue
- Decreases the chance of needing to come back for a repeat mammogram because of a "false positive" test (this can happen when the overlapping breast tissue looks like an abnormality).
- Uses the amount of radiation similar to 2D mammograms.
- Paid for by most insurance companies.

Contact your health provider if you have questions about which mammogram is right for you.

CONTACT US

Select your BCFR site to be directed to your Research Team. Or, select BCFR to visit our website.



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