

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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## PUBLICATIONS & NEWS

### Bodyweight and breast cancer risk

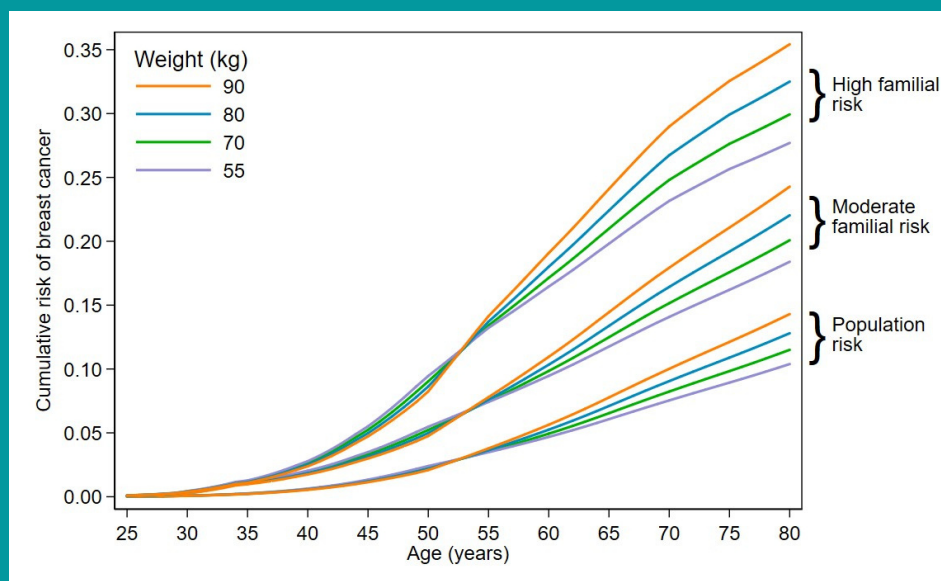
The role of body weight in breast cancer risk has been clarified by an international study involving more than 16,000 women from the Breast Cancer Family Registry. The study turns on its head the idea that if you are at genetic risk there is nothing you can do about it.

The study is the first to show how age, menopausal status, weight and genetic factors combine to predict which women will develop breast cancer.

The graph below shows that heavier women have an increased risk of breast cancer after menopause, and for those with a higher genetic risk due to family history, the increased risk is even greater.

The study also showed that the apparently protective association of greater weight during young adulthood had little impact on lifetime risk of breast cancer.

This protection would only apply to young women when their breast cancer risk is low and is trivial compared with the rapidly increasing effect of weight on risk of breast cancer after menopause.



Please click [HERE](#) to read the published research article.

The key take-away message is that the stronger a woman's family history, the more important are her environmental and lifestyle risk factors.

# MEET A RESEARCHER - DR SHUAI LI



Read more about Shuai [HERE](#)

**Work:** Cancer and genetic epidemiologist.

**Research Focus:** Investigating the causes of breast cancer and how to better predict risk of developing breast cancer.

**News:** I recently obtained a grant funded by Cancer Australia to investigate the causes of breast cancer using different methods for assessing causation, including a new method based on family data that my colleagues and I developed.

**Movies:** Suspense/Thriller, but not the ones with frightening scenes. I like mysteries and love to try and solve them while watching.

**Books:** I am reading *Klara and the Sun* by Kazuo Ishiguro. I am a big fan of the author.

**Sweet or Savoury Food?** I like corn chips :) I do not like sweet food.

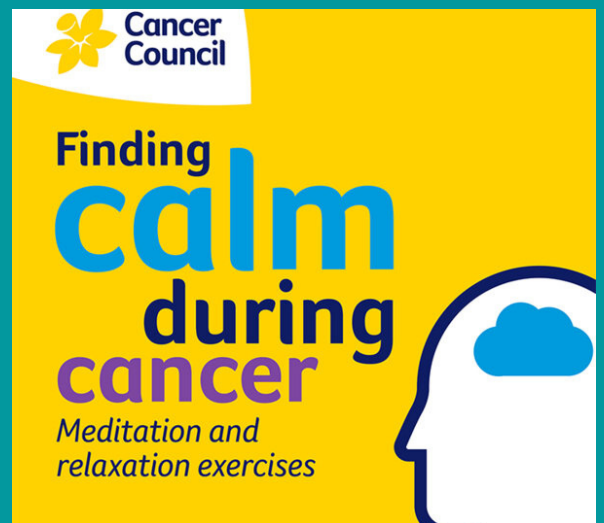
## HEALTHY TIPS

### PODCAST - Finding Calm During Cancer

This podcast - brought to you by Cancer Council New South Wales, Australia, and psychologist Dr Lisbeth Lane - was created for people affected by cancer, their families, and friends.

The podcast has two series, one focusing on mindfulness meditation, the other on relaxation.

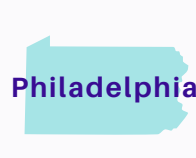
Each series contains short episodes explaining and guiding you through the key elements of meditation and relaxation such as awareness, attention and noticing thought.



Please click the picture above to be taken to the podcast web page.

## CONTACT US

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



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