

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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## NEWS & RESOURCES

New resources and articles featuring the BCFR

### **Video Interview with Dr. Mary Daly - Breast Cancer Family Registry YouTube Channel**

The Breast Cancer Family Registry has created a YouTube page. We will post researcher interviews, webinars, and video resources to this page.

We recently interviewed Dr. Mary Daly, a BCFR researcher and oncologist at the Fox Chase Cancer Center at Temple University. In the interview, Dr. Daly tells us why the BCFR is essential to cancer research, the importance of knowing family history, and how she got involved with cancer research.

To watch the interview and browse our new channel, click [here](#).

### **BRCA1 & BRCA2 Webinar**

The Herbert Irving Comprehensive Cancer Center at Columbia hosted a webinar in June, "Updates on Cancer Risks and Management for Men and Women with BRCA1 and BRCA2 Mutations."

This webinar covers topics about cancer risk for women over the life course, hereditary prostate cancer, breast cancer risk management for men and women with BRCA1 & BRCA2, pancreatic cancer, ovarian cancer, and how to talk to your family and find support after a BRCA diagnosis.

To watch a video of the webinar, click [here](#).

## PARTICIPANT RESEARCH HUB

### **The 25-Year Follow-Up: Your Questions Answered**

All 6 Breast Cancer Family Registry sites are currently administering the 25-year follow-up survey. **So far, we received over 7,000 completed surveys from BCFR participants!** We thank you for your participation and dedication to cancer research. All responses to this survey are essential to increase the validity of the study - we want to hear from everyone!

We also wanted to answer a common question we receive about the 25-year follow-up:

*"I haven't had cancer, or I haven't had a cancer recurrence. Why am I being asked to complete the BCFR 25-Year Follow-up Questionnaire?"*

Health updates from participants -- both with and without cancer -- help us understand factors related to prevention, diagnosis, and treatment of cancer. We learn about protective factors by knowing who does not get breast or ovarian cancer. This improves models of cancer risk that are used in clinical care.

If you have not received your 25-year follow-up survey or have any questions about the survey, please reach out using the **Contact Us** section below.



## MEET A RESEARCHER

Jasmine A. McDonald, PhD

Dr. Jasmine McDonald is a researcher at the Breast Cancer Family Registry's New York site. She has a doctorate in biological sciences in public health from Harvard University.

Dr. McDonald does research on breast cancer causes and how to reduce risk across a person's lifetime. Her research seeks to understand the underlying biological mechanisms for cancer initiation, promotion, and progression. She recently was awarded a V Foundation Award to conduct research on being diagnosed with breast cancer after giving birth, click [here](#) to learn more.

Beyond being a researcher, Dr. McDonald is a professor and a dedicated teacher and mentor. [Click here](#) to learn about her award-winning teaching and her commitment to education, or [here](#) to visit her faculty page.

## HEALTHY TIPS

### Spinach-Ricotta Stuffed Portobello Caps

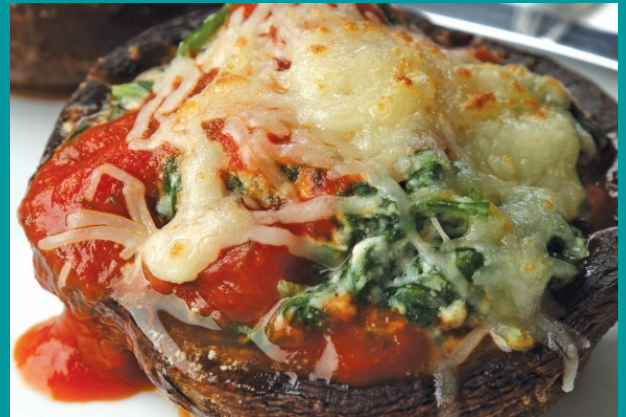
Find this recipe and more at [American Cancer Society](#).

#### Ingredients (4 servings)

- 8 portobello mushroom caps, wiped clean with a damp cloth
- 2 (10 ml) tablespoons water
- 1 (5-ounce) package fresh baby spinach
- 1/2 cup (65 g) part-skim ricotta cheese
- 1/3 cup (40 g) chopped fresh basil, divided use
- Salt and freshly ground black pepper
- 1 cup (125 g) reduced-sodium marinara sauce, divided use
- 3/4 (95 g) cup shredded Italian-blend cheese

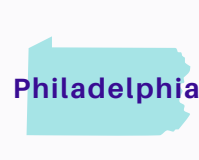
#### Directions:

1. Preheat oven to 425° F (220° C).
2. Coat both sides of the mushroom caps with cooking spray and place, stem side down, on a foil-lined baking sheet. Bake 10 minutes, turn, and bake 5 minutes or until tender.
3. Meanwhile, add water to a large skillet and place over medium-high heat. Add spinach and cook, stirring carefully, 1 to 2 minutes, or until wilted. Remove from heat and stir in the ricotta cheese and 1/4 cup (30 g) of the basil. Season with salt and pepper.
4. Spoon half of the marinara sauce on top of the mushroom caps (1 tablespoon/5 ml per mushroom). Top with equal amounts of the spinach mixture, spoon remaining marinara sauce over all, and sprinkle with the Italian-blend cheese. Bake 10 minutes or until heated through and cheese is melted. Sprinkle with the remaining basil.



## CONTACT US

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



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