

OCTOBER 2021

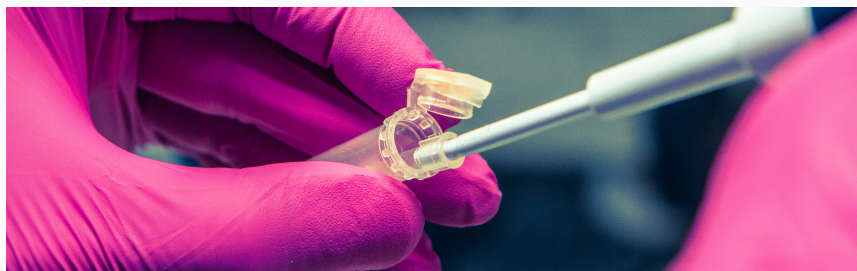
BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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OCTOBER IS BREAST CANCER AWARENESS MONTH



THANK YOU for being *all in* for Research

The past year has served as a powerful reminder that we are all in this together – and the same holds true when it comes to breast cancer.

Breast Cancer Awareness Month is an opportunity for us at the Breast Cancer Family Registry to THANK YOU, your parents, sisters, brothers, sons, daughters, aunts, uncles and cousins for all pitching in to support this unique, family-based research effort for the past 25 years.

It's a month for promoting breast cancer awareness and the continued importance of research, early detection, and prevention.

It's also a critical month to galvanize our linked communities around the world in Australia, Canada and the United States —and bring the disease front and center to our collective attention with the launch of our latest directive, the Young Women's Study, that aims to help lower breast cancer risk in women under age 40.

Breast cancer affects young women in many unique ways - from diagnosis and treatment to fertility and concerns for children, family and friends. The Breast Cancer Family Registry has launched the Young Women's Study to increase knowledge of breast health and breast cancer among women, particularly among those under the age of 40 and those at heightened risk for developing the disease due to inheritance and family history.

[Read more.](#)

PARTICIPANT RESEARCH HUB

Information and support for young women at risk or diagnosed with breast cancer before age 45:



Canadian Breast Cancer Network
Réseau canadien du cancer du sein



Coronavirus, COVID-19, and Cancer

Visit the American Cancer Society for information on how to protect yourself from the coronavirus and access routine medical care. [Click here](#)

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MEET A RESEARCHER



Irene L Andrulis, PhD

Dr. Andrulis is the Principal Investigator of the Ontario site of the Breast Cancer Family Registry. She has been involved with the Registry since its start in 1995. Dr. Andrulis is a Professor in the Department of Molecular Genetics at the University of Toronto and the Anne and Max Tanenbaum Chair in Molecular Medicine at Mount Sinai Hospital in Toronto. Her research laboratory conducts multidisciplinary studies to identify genetic alterations that play a role in breast cancer and sarcoma and to determine their clinical importance. The goals of her research are to explore the biology of these genetic alterations, to aid in diagnosis and treatment, and to discover novel targets for therapeutics.

Learn more about Dr. Andrulis' research [here](#).

HEALTHY TIPS

Squash & Buttermilk Biscuits

Find this recipe and more at Princess Margaret Cancer Centre's [Elliesr Kitchen](#)

Ingredients

- 1 Whole Squash (butternut, pumpkin etc) (1 cup purée for the recipe)
- 2 cups Unbleached All Purpose or Red Fife Flour
- 1/2 cup Buttermilk
- 1 tbsp Baking Powder
- 1/2 tsp Baking Soda
- 6 Fresh Sage Leaves, finely chopped
- 1/4 cup Extra Virgin Olive Oil (chilled until almost solid) or Coconut Oil
- 1/2 tsp Ground Nutmeg
- 1/2 tsp Salt

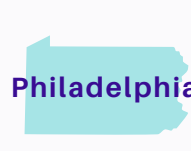
Directions

- 1 Preheat the oven to 400 degrees F.
- 2 Pierce the squash several times with a fork and place on a baking sheet. Bake in the oven for about 1 hour, until the squash is soft to touch.
- 3 *If you're using olive oil, place in the freezer ahead of time to chill for about 30 minutes.
- 4 Once the squash is cool enough to handle, cut in half and remove the seeds. Scoop out the flesh, reserve 1 cup for the biscuits and freeze the rest.
- 5 Mix flour with sage leaves and other dry ingredients. Use your hands to mix in the coconut oil or cold olive oil until the flour mixture becomes crumbly.
- 6 Mix all your wet ingredients in a separate bowl and slowly add in the dry ingredients. Knead the mixture until it forms a sticky ball of dough.
- 7 Roll the dough out until it is about 1 inch thick. Cut into squares or use the bottom of a glass to cut out circles, about 2 to 3 inches wide.
- 8 Place the pieces of dough on a baking sheet lined with parchment paper and bake for about 15 minutes or until golden brown.



CONTACT US

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



Australia ABCFR-research@unimelb.edu.au | **California** bcfamilyregistry@stanford.edu
New York metronyregistry@cumc.columbia.edu | **Ontario** OFBCR@uhnresearch.ca
Philadelphia BCFRYoungWomenStudy@fccc.edu | **Utah** Jo.Anonson@hci.utah.edu