

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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## CAN YOU TRUST DOCTOR GOOGLE? 4 TIPS FOR FINDING ACCURATE CANCER INFO ONLINE

### 1. Think about who is providing the information.

Well-known health organizations provide some of the most accurate information. They must show their web content is correct, up to date, and helpful. Look for information from an organization of medical experts rather than a single doctor.

### 2. See when the information was published.

Look for content written within the last five years. Experts are always finding new information about cancer. An article older than five years may be outdated and won't be helpful to you.

### 3. Watch out for biased information.

Be wary when an article mentions a specific product. An author or organization could be getting money or benefits from mentioning the product. The author may be sharing the information for their own personal gain and not giving all the information you need.

### 4. Ask yourself if the information is useful.

Even if the information is accurate, it may not help you make treatment decisions. Educational info shouldn't replace your health care team's advice.

(Author: Allison Elmer, Health Educator, HCI Patient and Public Education Department)

## 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!](#)**

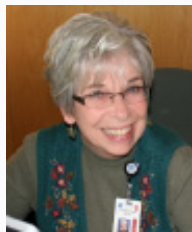


## MEET A RESEARCHER

### Dr. Sarah Colonna, MD

Dr. Sarah Colonna, MD specializes in caring for women at high risk for breast cancer. She is board certified in internal medicine and medical oncology. Dr. Colonna sees women at risk for breast cancer because of a known genetic mutation, a strong family history of breast cancer or abnormal findings on a breast biopsy. She researches the use of breast MRI as a tool to better quantify breast cancer risk and is involved with longitudinal studies to better understand how the environment can impact a woman's risk of breast cancer. Dr. Colonna is also specifically interested in how medical professionals communicate cancer risks to their patients.

## Introducing Utah's new study coordinator!



The Utah site of the Breast Cancer Family Registry is saying a goodbye to our study coordinator Karen O'Toole and our research assistant, Catherine Ricci. Karen has been involved with the Registry since 2005 and Catherine since 2016. We wish them the very best in their next adventures. We would like to introduce our new study coordinator Jo Anson.

Hello, my name is Jo Anson. I have been a study research coordinator working with our genetic counselors for 5 years. I am working on projects that look at preventing new tumor growths for those at high risk or those with a genetic mutation such as TP53 or BRCA1. Living in Utah for the past 11 years has really helped my passion about all things sports and my love for vacations to warm tropical places.



## CANCER PREVENTION RECOMMENDATION FROM THE AICR: DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

### From the American Institute for Cancer Research

There's a lot of marketing out there about dietary and nutritional supplements, and a lot of bold health claims. And while some supplements can offer benefits in specific circumstances, when it comes to cancer prevention, research shows that supplements don't offer the same benefits as eating whole foods.

When you include a sufficient amount of plant foods and protein-rich foods in your diet, taking supplements does not give additional cancer protection. Eating a variety of fruits and vegetables each day, plus whole grains and beans, ensures that you are getting as many valuable nutrients, including cancer-protective vitamins, minerals, fiber, and vital phytochemicals, as possible.

[Click here to read more cancer prevention recommendations from the American Institute for Cancer Research](#)



## For nutrients, rely on

- whole grains
- vegetables
- fruits
- beans
- protein-rich foods

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# THANKYOU

To all the Registry participants who have referred your relatives to join the BCFR through the Young Women's Study, **THANK YOU!** We are enrolling new young women participants at all Registry sites, so please continue to share this study with your relatives!

To our new Young Women's Study participants, thank you for enrolling and completing online questionnaires! We are beginning to roll out a new set of study surveys which include questions about screenings, surgeries, reproductive choices, occupational history, hair product and personal care product use, and more. Your Registry site coordinators will contact you to complete these new surveys - keep an eye out for our emails! We also invite you to use the Clue app to track menstrual cycles - read below and contact your Registry site coordinators for more information!

## Track your period using this simple app on your phone

### What is Clue?

Clue is digital female health. The **Clue Period and Cycle Tracker** app is available on Android phones, iPhones, and tablets and helps you to track your menstrual cycles and other health information.

### Why is Clue a part of the BCFR Young Women's Study?

Menstrual cycle characteristics are vital signs of women's health. The Clue app gives us a way to track and discover the unique patterns in your menstrual cycle. Patterns of menstrual cycling can give us information about hormone levels and other factors that may influence the risk of breast cancer.

### How do I participate?

You will receive a unique Study ID and instructions to install the app and to enter this Study ID into a specific section of the app. Our primary request of you when using the Clue app is for you to record the date for each day of your period. The data from our research participants using Clue will be returned to the Registry study investigators coded with your unique Study ID and with no other identifying information.

If you are interested in participating in the Clue component of the Young Women's Study, contact your Registry site!



## CONTACT US

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



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California



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