

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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## PUBLICATIONS & NEWS

### CHEK2 and breast cancer risk

A [study](#) involving more than 2,300 members of the Australian component of the Breast Cancer Family Registry has provided new information about breast cancer risk for women who carry a pathogenic (disease associated) variant in the CHEK2 gene. This work was led by Dr Tu Nguyen-Dumont and Professor Melissa Southey from Monash University in Melbourne.

CHEK2 is now included in routine gene panel tests for breast cancer susceptibility, so there is a need to have accurate information about all rare variants in this gene. Previous studies were based mainly on one variant, whereas this [study](#) considered all pathogenic variants.

Using the detailed family history routinely collected by the Breast Cancer Family Registry, the researchers estimated the average risk of breast cancer to be 33% to age 80 for women who carry a pathogenic CHEK2 variant. This estimate would likely apply to women from the US and Canada as well.

These findings help with the clinical management of affected women and can be used to plan risk management for families carrying these rare but clinically relevant variants.

[Read the full study, "Population-Based Estimates of the Age-Specific Cumulative Risk of Breast Cancer for Pathogenic Variants in CHEK2: Findings from the Australian Breast Cancer Family Registry"](#)



Young Women's Study participants have started using the *Clue Period and Cycle Tracker* app.

Patterns of menstrual cycles can give us information about hormone levels and other factors that may influence the risk of breast cancer.

If you're a Young Women's study participant contact your BCFR site (see below) to find out how to link Clue to the BCFR.



Click the image above to go to the Hormonal Podcast by Clue

# MEET A RESEARCHER - PROF MELISSA SOUTHEY



Melissa is an internationally renowned Molecular Geneticist and Australian-BCFR Co-Lead Investigator. She is the Chair of Precision Medicine at Monash University's School of Clinical Sciences.

Precision medicine is an approach to prevention and treatment that takes into account an individual's genes, environment and lifestyle.

Leading the ABCFR genomics research, she has clarified the role of multiple major breast cancer genes, including PALB2, ATM and CHEK2.

"This is an immensely exciting phase for my team and for the discipline of Precision Medicine. Our vision is to integrate evidence, including 'big' data (not exclusively genomic data), health economics and behavioural and social sciences to deliver Precision Medicine."

## BATATA HARRA - SPICY LEBANESE POTATOES



### Ingredients

1 kg (2lb) roasting potatoes - 1 cup chopped cilantro - 4 garlic cloves, minced - juice of 1 lemon - 1 tbsp chilli flakes - ½ tbsp ground coriander - 2 tbsp cumin seeds - 4 tbsp olive oil - 5 tbsp sunflower oil - salt n pepper

### Method

- Boil potatoes for 20 mins, wash and cut into cubes or wedges.
- Add olive oil, salt n pepper, and roast for 15-20 mins on high heat (220°C/430°F).
- Heat sunflower oil in a frying pan, add garlic, chopped cilantro and lemon juice, cook until fragrant.
- Stir in chilli flakes and remaining spices. Remove from heat.
- Combine spice mix with potatoes and mix well, add salt and pepper to your liking.

This recipe is from Mankoushe - a well known Lebanese restaurant in Melbourne - and is wonderful with bbq fish and yoghurt.

## CONTACT US

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



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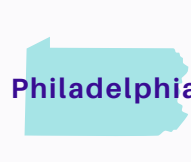
California



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**Australia** [ABCFR-research@unimelb.edu.au](mailto:ABCFR-research@unimelb.edu.au) | **California** [bcfamilyregistry@stanford.edu](mailto:bcfamilyregistry@stanford.edu)  
**New York** [metronyregistry@cumc.columbia.edu](mailto:metronyregistry@cumc.columbia.edu) | **Ontario** [OFBCR@uhnresearch.ca](mailto:OFBCR@uhnresearch.ca)  
**Philadelphia** [BCFRYoungWomenStudy@fcc.edu](mailto:BCFRYoungWomenStudy@fcc.edu) | **Utah** [jo.anson@hci.utah.edu](mailto:jo.anson@hci.utah.edu)