

BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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PUBLICATIONS & NEWS

Adherence to the 2020 American Cancer Society Guideline for Cancer Prevention and risk of breast cancer for women at increased familial and genetic risk in the Breast Cancer Family Registry: an evaluation of the weight, physical activity, and alcohol consumption recommendations

The American Cancer Society (ACS) published an updated Guideline for Cancer Prevention (ACS Guideline) in 2020. Research suggests that following the 2012 ACS Guideline might lower the risk of developing breast cancer, but there is limited evidence that this applies to women at increased familial and genetic risk of breast cancer.

In a recent study published in *Breast Cancer Research and Treatment*, researchers examined the association between adherence to three 2020 ACS Guideline recommendations and breast cancer risk in 9,615 women from the Breast Cancer Family Registry (BCFR). The following three ACS Guideline recommendations were considered: 1) keeping your weight within the healthy range (body mass index between 18.5 and 24.9), and avoid weight gain in adult life; 2) participating in 150 to 300 minutes per week of moderate intensity physical activity or 75–150 minutes per week of vigorous intensity physical activity or a combination of both, ideally exceeding 300 minutes per week; and 3) not drinking alcohol, but if alcohol is consumed to limit it to 1 drink per day for women.

Results show that compared to women who did not adhere to any recommendation, those who adhered to at least one recommendation had a 27% lower risk of developing breast cancer. This was evident for women with a first-degree family history of breast cancer, women without BRCA1 or BRCA2 pathogenic variants, postmenopausal women, and women with estrogen receptor (ER) positive breast cancer, the most common type of breast cancer.

The present findings are consistent with prior epidemiological studies in average-risk women. They confirm that adherence to the weight, physical activity, and alcohol consumption ACS Guideline recommendations might reduce breast cancer risk in postmenopausal women at increased familial risk. In addition, the findings reinforce the importance of educating all women that factors within their control could reduce their breast cancer risk. This is especially important for women at higher breast cancer risk who may feel there is little they can do to reduce their risk. To learn more about the article, click [here](#). To learn more about the ACS guideline, click [here](#).

COVID-19 Vaccine Information for Cancer Patients, Survivors, and Caregivers

As vaccines are now widely available to help protect against COVID-19, you may have questions as a cancer patient, survivor, or caregiver. Please visit the [American Cancer Society](#) for more information about the vaccine.

PARTICIPANT RESEARCH HUB

YOUNG WOMEN'S STUDY UPDATE

We have enrolled **846** young women across the six BCFR sites.

Thank you very much!

Please make sure to check your personal study dashboard and keep up-to-date with the latest survey modules.

Recruitment Still Underway:

If you have a female relative between the ages of 18 and 39 years who may be interested in the Young Women's Study or wants to learn more about it, please contact your BCFR site listed under the "CONTACT US" section on the next page.

25-YEAR FOLLOW-UP UPDATE

We have received over **8,500** completed surveys!

If you have not received your survey or need a resend of your forms, please contact your BCFR site.

MEET OUR INTERVIEWERS

Katrina Garcia, BSN, RN, PHN

Katrina Garcia is our study interviewer from the California site of the BCFR. She is a Registered Nurse with over 5 years of experience as a study interviewer and phlebotomist for the LEGACY Girls Study, where she conducted home visits and interviews with young girls and their mothers. Since 2019, she has completed hundreds of high-quality telephone interviews with Family Registry participants.

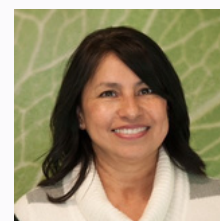


Q: What do you like to do outside of work?

A: Outside of work, I enjoy spending time with my husband and 4 children. I love to watch them grow in their specific sports they are interested in at the moment. My girls and I love to spend time trying new baking recipes and sharing them with the neighborhood for input. We also have two long hair dachshunds that love going to a local weenie dog meet up every month. It is so much fun!

Elaine Ramos, BA

Elaine Ramos is our bi-lingual Spanish-English study interviewer. She has over 20 years of experience in coordinating various epidemiological research studies and is highly skilled in communicating with participants in clinical and non-clinical settings. She has performed hundreds of telephone interviews for the Family Registry over the last 10 years.



Q: What do you enjoy doing in your spare time?

A: In my free time, I enjoy the outdoors! My husband and I enjoy finding new campsites to visit all across the west coast, fishing and exploring the vast hiking trails. We spend a lot of time with our new puppy Sequoia, she is a 7-month-old German Shepard and together we enjoy going for walks to the many regional parks in the San Francisco Bay Area. Planting succulent plants in my garden is a new hobby as well as rock painting. I cannot pass up an ice cream shop without trying their most popular ice cream.



In addition to conducting telephone interviews with current Family Registry participants, both Elaine and Katrina will also follow up with participants in the Young Women's Study. We hope that you will continue to warmly welcome them over the phone.



HEALTHY RECIPE

Orange-fleshed winter squash – notably butternut – is an exceptional source of the antioxidant beta-carotene. Beta-carotene has physiological effects in the human body, converting to vitamin A as needed, essential for a healthy immune system, skin and vision. It may also reduce the risk of certain cancers and sight-robbing macular degeneration. (Source: [Stanford Nutrition for Cancer Patients Recipes website](#))

Serving Size: 1 cup

Per Serving: 164 calories, 3g fat, 25g carbs, 1g protein, 287mg sodium. Makes 2 quarts; can be frozen.

Ingredients:

- 1 pound onions (preferably Spanish)
- 4 cups chicken or vegetable stock
- 1 3-pound butternut squash (or 2 pounds of packaged squash)
- 1 ½ tablespoons canola oil
- ¼ cup maple syrup
- 2 small tart apples

Cooking Directions:

1. Peel and slice onions thinly. Peel and seed squash; cut into 1 ½-inch cubes. Peel and core apples; cut into cubes.
2. Heat oil in large stock pot over medium heat. Add onions; cook till just brown, stirring occasionally.
3. Add apples and cook for another 2-3 minutes. Add stock and squash.
4. Bring to a boil, cover and simmer till squash and apples are tender.
5. Remove from heat and cool slightly. Purée in food processor until blended.
6. Stir in maple syrup.

Recipe from: *Environmental Nutrition Newsletter*, Nov 2003 Issue

CONTACT US

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



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