

BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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NEWS & STUDY UPDATES

BCFR Funding Update



The BCFR is excited to announce that we have received funding from the National Cancer Institute for five more years of research. In addition to continuing to be in touch with all of our wonderful BCFR families, we will begin recruiting new families at each of our six sites to learn more about early onset breast cancer.

The 25-Year Follow-Up is Complete!

A big thank-you to all of our Family Registry participants who completed the 25 year follow-up questionnaire! In the past three years we continued to follow over 11,000 families from the six BCFR sites in the US, Canada, and Australia.



We are grateful to these families, some of whom enrolled in the Family Registry as early as 1996, for their continued participation. More than 8,650 study participants from all sites have completed the questionnaire either by mail, online, or phone interview. The brief questionnaire asked each participating family member to provide updates regarding changes that may have taken place since their last contact with BCFR staff. Data collection is now complete, and analysis of the data is underway. Analyses will address how various factors ranging from environmental factors to hormonal and lifestyle factors, in addition to genetics, are associated with the development of breast cancer. We truly appreciate your time and effort!

Young Women's Study Updates

Thanks to all of our Registry families, we have enrolled 960 new participants into the Young Women's Study, which expands on the work of the Registry and is the first major breast cancer research study with a specific focus on women under 45 years old. We are grateful to have so many new members of the BCFR and are eager to start analyzing the data you and your family members have contributed to the Registry.



MEET A RESEARCHER

Dr. Sarah Colonna Principal Investigator in Utah

Dr. Sarah Colonna is a medical oncologist who specializes in the care and treatment of women at increased risk for breast and ovarian cancer at Huntsman Cancer Institute. She went to medical school at East Tennessee State University, did her residency at Wake Forest University, and fellowships at Vanderbilt University and the University of Utah.

She has adopted a pet tortoise from the state of Utah, whose name is Jimmothy. She is originally from Ohio/Tennessee, and she loves bluegrass music.

Dr. Colonna has been connected to the BCFR and has run a high-risk breast cancer clinic at Huntsman for 10 years. She also spends her time working with veterans who have breast cancer and various exposures during military service. She has recently been investigating whether there are differences in genetic testing rates in women with ovarian cancer among different races and ethnicities and rural and urban locations.



Dr. Colonna's pet tortoise, Jimmothy

Dr. Colonna loves working with women in both her clinical and research roles. She states, "It's an honor to get to follow families who have contributed to science. The contribution of women to the BCFR study has helped make real life changes to our clinical care in both screening and risk reduction for women at high risk for breast cancer"

Read more about Dr. Colonna [here.](#)

RECENT PUBLICATIONS



Risk Factors for Developing Both Primary Breast and Primary Ovarian Cancer: A Systematic Review

Women with breast cancer have a higher risk of developing a primary ovarian cancer, and women with ovarian cancer have a higher risk of developing a primary breast cancer. (A primary cancer is a new cancer and is not a recurrence or metastasis of an earlier cancer.) In this article, Dr. Jennifer Ferris and colleagues analyzed the results of 23 studies on the risk of developing both primary breast cancer and primary ovarian cancer. Here are their findings:

Among women with breast cancer, the study found **a lower risk of developing a primary ovarian cancer** in several groups:

- Women who had radiation therapy and/or hormone therapy had a lower risk.
- Women with BRCA2 mutations had a lower risk than those with BRCA1 mutations.
- Women with estrogen-receptor and/or progesterone-receptor positive (ER+/PR+) breast cancer had a lower risk than women with estrogen-receptor and progesterone-receptor negative (ER-/PR-) breast cancer.

Among women with breast cancer, the study found **a higher risk of developing a primary ovarian cancer** in these groups:

- Women with a family history of breast/ovarian cancer
- Women with triple negative breast cancer, as opposed to luminal breast cancer
- Women with higher grade breast tumors (Tumor grade refers to how much cancer cells differ from normal cells. The higher the tumor grade, the more different the cancer cells are from normal cells.)

Among women with ovarian cancer, the study found **a higher risk of developing a primary breast cancer** among women with a family history of cancer.

In conclusion, tumor characteristics, genetic factors, and familial factors are associated with the risk of developing a primary ovarian cancer in women with breast cancer, and the risk of developing a primary breast cancer in women with ovarian cancer. These results could help clinicians in decision-making with breast and ovarian cancer patients, including risk-reducing strategies.

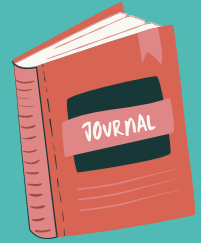
Read the full article [here](#).

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

As vaccines are now becoming 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.

HEALTHY TIPS

Practicing Gratitude



Practicing gratitude every day can actually help you feel better, sleep better and can help lower anxiety and depression.

At the BCFR, we recognize that gratitude matters and plays a critical role in what we do. We would like to express that not only are we very grateful for our scientists, collaborators, and the gift of continued funding, but we are eternally grateful to YOU and your families for all that you do to contribute to this important research.



5 Easy Ways to Practice Gratitude:

- 1) Notice good things, look for them, appreciate them - Each day think of 3 things you're thankful for.
- 2) Savor, absorb, and really pay attention to those good things, like family, friends, pets, your morning coffee, or nature's beauty.
- 3) Say THANK-YOU to yourself, to someone else, and write it down - keep a gratitude journal.
- 4) Meditate - follow an online guided meditation or think of a situation you're grateful for and soak in the feeling.
- 5) Focus on the good other people bring to your life and their willingness to help you in a challenging time.

Read more about gratitude [here](#) or [here](#).

CONTACT US

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



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