

BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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PUBLICATIONS & NEWS

New publications and articles featuring the the BCFR and Registry Updates

Breast Cancer Risk, BRCA1, & Pregnancy

Women with BRCA1 mutation had lower breast cancer risk if they had at least 1 pregnancy or breastfed. While the protective effects of pregnancy and breastfeeding is well-known to exist for women of average breast cancer risk, it was not clear if women at high risk (BRCA carriers or women with a family history) would have the same protection. This study, using BCFR data, confirmed high-risk women can have the same protections from pregnancy. [Read more.](#)

Breast Cancer Family Registry Webinar

In honor of Breast Cancer Awareness Month, the BCFR hosted a webinar this past October. Researchers from the New York site (Metropolitan New York Registry) discussed breast cancer epidemiology, how BCFR studies are conducted, new research findings, and more! You may watch a recording of the webinar. [Click here.](#)

Coronavirus, COVID-19, and Cancer

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

PARTICIPANT RESEARCH HUB

A CALL TO ACTION

Help improve breast cancer detection in young women by referring your relatives to the **Young Women's Study!** Globally, breast cancer incidence has been increasing among women under 40 years old. There is little known about breast cancer in young women due to most studies not including enough women in this age range to detect factors that may reduce or increase risk of cancer. We are expanding the BCFR to focus on this understudied population. The Young Women's Study will help us better understand **risk factors and prevention of breast cancer for young women.**

If you have a [female relative who is between ages 18-39](#) and may be interested in participating, or if you want to learn more, **please email us or visit our [website!](#)**

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HAPPY ANNIVERSARY TO THE BCFR

The BCFR celebrates its 25th anniversary! And the success of the BCFR is all thanks to you, our participants. Since 1995, the BCFR has grown to over 43,000 participants from more than 15,500 families. For the past 25 years, our participants have filled out questionnaires and provided clinical data. As a result, we know more about breast and ovarian cancer for people with a family history. For example, we have found that physical activity reduces the risk of breast cancer; oral contraceptives reduce the risk of ovarian cancer; and alcohol, smoking, and high BMI may increase risk of breast cancer. We will continue to ask questions about familial breast and ovarian cancer, as well as other conditions, to improve health for all!

HEALTHY TIPS

Baked Sweet Potato Wedges

Find more recipes at [American Cancer Society](https://www.americancancer.org/healthy-living/recipes).

- Cooking spray
- 4 large sweet potatoes, scrubbed, eyes removed, cut lengthwise into 3/4-inch (2 cm) wedges
- 1 teaspoon (5 g) paprika
- 1 tablespoon (15 g) brown sugar
- 1 teaspoon (5 g) garlic salt
- 1 teaspoon (5 g) cinnamon
- Dash of cayenne pepper (optional)



1. Preheat oven to 400°F (200°C).
2. Lightly spray nonstick baking dish or cast-iron skillet with cooking spray. Spray potato wedges with cooking spray and toss together with all spices in a bowl.
3. Place potatoes in a single layer in the baking dish or skillet. Bake for 20 minutes. Turn over and bake an additional 20 minutes.

CONTACT US

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



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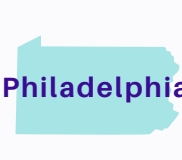
California



New York



Ontario



Philadelphia



Utah

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** Karen.otoole@hci.utah.edu