

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 BCFR and Registry updates

Benign Breast Disease May Increase Breast Cancer Risk

Women often ask if having benign breast disease (non-cancerous breast changes) adds extra breast cancer risk when they already have a family history of breast cancer.

BCFR researchers sought to answer this question and used data provided by BCFR families and two other research groups to do so. A total of 17,154 women from 6,842 families with a wide range of breast cancer risk, provided repeated questionnaire data over a span of 15 years. This data included information on multiple generations of family history, ages at cancer diagnoses, and the presence of benign breast disease. This study was only possible because study participants provided information repeatedly over a period of years.

It was found that a diagnosis of benign breast disease does increase the risk for breast cancer in addition to the risk provided by family history or genetic predisposition. Each are separate factors that when considered together allow for a more accurate estimation of a woman's risk.

To read the published article, click [here](#).

PARTICIPANT RESEARCH HUB

25 YEAR FOLLOW-UP

Celebrating
— 25 YEARS —

We are currently asking our participants to fill out the 25 year follow-up questionnaire. This follow-up questionnaire updates your medical history, lifestyle behaviors and personal and family cancer history. **Providing this information repeatedly over time increases the power of the BCFR to conduct strong research, even if you have not been diagnosed with cancer.**

- It takes about 20 minutes to complete
- **ALL** updates are useful, even if there have not been any changes in you or your family's health.
- It's never too late to send it back!

If you have already completed this survey, we thank you!

DIDN'T RECEIVE IT?

Request your 25 year follow-up survey directly by contacting your BCFR site listed under the Contact Us section.



FAQ'S

CAN MY YOUNG RELATIVE JOIN THE BCFR?

Yes! *ALL* your female relatives ages 18-39 years can join our **Young Women's Study** right now.

The Young Women's Study aims to uncover why breast cancer has been increasing in women under 40 and to improve clinical guidelines for young women.

Study participation involves:

- 1) signing a consent form
- 2) completing online questionnaires
- 3) providing an optional blood or saliva sample.

To learn more, please email your BCFR site or visit our [website!](#)

HEALTHY TIPS

FREE online cooking classes

The **ELLICSR Kitchen program** is designed to support people with cancer by teaching skills and providing information needed to help manage your diet.

The ELLICSR Kitchen hosts a series of dynamic healthy cooking demonstrations led by Wellness Chef, Geremy Capone and Registered Dietitian, Stephanie Gladman from University Health Network in Toronto, Canada.

For recipes and classes offered by ELLICSR Kitchen, click [here](#)



Demonstrations feature

- Healthy, simple and delicious recipes
- Special guest appearances
- Tasty samples

When and where

- The 3rd Thursday of every month, at 12-1pm ET
- The live stream can be viewed at www.YouTube.com/ellicsrkitchen

CONTACT US

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



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