

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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## PUBLICATIONS & NEWS

### Racial/Ethnic Disparities in Survival after Breast Cancer Diagnosis by Estrogen and Progesterone Receptor Status: A Pooled Analysis

Women diagnosed with estrogen receptor (ER) or progesterone receptor (PR) positive breast cancer tend to have better survival than women diagnosed with ER and PR negative breast cancer. Information is limited on whether survival differs by race/ethnicity for specific breast cancer types, and what factors contribute to survival disparities. A recent study, published in *Cancer Epidemiology, Biomarkers, & Prevention*, analyzed data from 10,366 California women diagnosed with a first breast cancer from 1993 to 2009, including 2,647 participants from the California site of the Breast Cancer Family Registry.

For women diagnosed with ER or PR positive breast cancer, survival was lower in African American women than non-Hispanic White women, but did not differ in Hispanic and Asian American women. Survival was lower for African American women who were treated in non-accredited hospitals, had lower education, or lived in lower socioeconomic neighborhoods at diagnosis, compared to non-Hispanic White women without these characteristics. For women with ER and PR negative breast cancer, survival did not differ by race/ethnicity. These findings suggest that access to high quality of care and social determinants likely contribute to survival disparities in women with ER or PR positive breast cancer, the most common breast cancer type. *To read the published article, [click 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.

## PARTICIPANT RESEARCH HUB

WE COUNT ON YOUR PARTICIPATION!



The **25-year** follow-up is underway. More than **14,000** surveys have been sent to Breast Cancer Family Registry participants and so far, over **6,600** completed surveys have been returned. A big **'Thank-You'** to those who have already completed the survey!

Only with YOUR help will the Breast Cancer Family Registry be able to produce important new information that contributes to a better understanding of cancer risks, prevention, diagnosis and treatment, and survival. We greatly appreciate your continued participation!

If you have not yet received the survey, you can contact your Breast Cancer Family Registry site listed under the "CONTACT US" section on the next page.



## MEET A RESEARCHER

Esther M. John, Ph.D., M.S.P.H.

Dr. John is the Principal Investigator of the Northern California site of the Breast Cancer Family Registry. She has been involved in the Family Registry since it started in 1995. Dr. John is a cancer epidemiologist and her research focuses on the etiology and outcomes of breast and prostate cancer, to better understand modifiable lifestyle, hormonal and genetic causes and outcomes of these common cancers. She has a special interest in understanding cancer health disparities in Hispanic, African American, and Asian American populations. *To learn more about Dr. John's research, please visit her [full profile](#).*

## HEALTHY TIPS

### Sun Safety

People often think about sun protection only on sunny and warm days. However, ultraviolet (UV) rays reach the ground all year round, even on cloudy or hazy days at varying UV rays strengths. People can also be exposed to man-made sources of UV rays such as sunlamps and sunbeds (tanning beds and booths). UV exposure adds up day after day, and people who get a lot of exposure to UV rays are at greater risk for developing skin cancers ([American Cancer Society](#)).

### Sunscreen: What to look for:



- **Broad Spectrum** – Protects against both UVA and UVB rays
- **Chemical or Physical (Mineral) Sunscreen**
  - Learn more about the differences between chemical and physical sunscreens and which type may be more suitable for your skin type [here](#).
- **SPF 30...at least!** SPF 30 blocks 97% of UVB rays
- **Expiration Date** – Sunscreen lasts two to three years, so check the date



Here are some simple steps you can take to protect yourself and your family:

- ✓ **Use a sunscreen:** Sunscreen is a product that you put on your skin to protect it from the sun's UV rays. But it's important to know that sunscreen is just a filter – it does not block all UV rays ([American Cancer Society](#)).
- ✓ **Seek shade,** especially from 10am – 4pm when UV rays are strongest
- ✓ **Cover up with clothing**
- ✓ **Ditch tanning beds or sunlamps**
- ✓ **Wear sunglasses**
- ✓ **Wear a hat**
- ✓ **Cover up your children, too!**

## CONTACT US

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



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