

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

## IN THIS ISSUE



- PUBLICATIONS & NEWS
- PARTICIPANT RESEARCH HUB – BCFR STUDY UPDATES
- MEET A RESEARCHER – DR. SANJEEVANI ARORA
- QUICK ENTREES: HEALTHY IN A HURRY



## PUBLICATIONS & NEWS

***Weight is more informative than body mass index for predicting post-menopausal breast cancer risk: Prospective Family Study Cohort (ProF-SC)***

Body composition and breast cancer risk have been of interest to researchers for many years. Several studies have confirmed that obesity is an established risk factor among post-menopausal women. The body composition measure traditionally used in most studies is body mass index (BMI), a combination of weight and height, specifically weight/height<sup>2</sup>. Investigators in the Breast Cancer Family Registry (BCFR) were interested in whether measures of body size other than BMI were better predictors of breast cancer.

In this study, 6,761 post-menopausal women who did not have breast cancer when they joined the BCFR were followed for over 11 years. 416 new breast cancers were reported during that time. The investigators looked at whether weight alone, height alone, BMI alone, or combinations of these variables were the best predictors of breast cancer. They found that weight alone was the best fit in the statistical models they used, suggesting that both fat tissue and non-fat tissue contribute to breast cancer risk. The association of weight to breast cancer was stronger among women with high levels of familial risk.

These findings suggest that weight rather than BMI should be used to predict breast cancer risk in post-menopausal women, particularly among women with a strong family history of breast cancer.

To read the full study: <https://pubmed.ncbi.nlm.nih.gov/34965921/>

## PARTICIPANT RESEARCH HUB

### YOUNG WOMEN'S STUDY UPDATE

The BCFR continues to enroll participants in our Young Women's study.

We have enrolled **763** young women across all of our BCFR sites.

If you have a female relative age 18-39 years old who may be interested or wants to learn more, please contact your BCFR site.



### 25-YEAR FOLLOW-UP UPDATE

The 25-year follow-up survey is still underway! We have received **8,268** completed surveys.

Thank you to all of our participants who have completed the survey! We appreciate your continued contribution to the Registry and to breast cancer research.

If you have not received the survey, please contact your BCFR site.

### 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](https://www.cancer.gov) for more information about vaccines.



## MEET A RESEARCHER

### Sanjeevani Arora, PhD

Dr. Arora is an Assistant Professor in the Cancer Prevention and Control Program at the Fox Chase Cancer Center in Philadelphia. Her research laboratory investigates how innate differences (such as germline variants) in DNA repair impacts two critical areas in precision oncology: (1) what underlies an individual's cancer risk, and (2) how an individual will respond to cancer treatment. Currently her work focuses on colorectal and renal tumors, but results from her work are applicable to multiple tumor types including breast cancer. Her long-term research goal is to increase our understanding of DNA repair pathways and their role in cancer, to better predict cancer risk and reduce cancer incidence by allowing opportunities to implement cancer prevention strategies and early detection.

## QUICK ENTREES: HEALTHY IN A HURRY



**Try these quick entrees when you're hungry  
and in a hurry!**

- Make whole wheat English muffin pizzas using pizza sauce and low-fat mozzarella cheese. Top with your favorite vegetables, such as mushrooms, chopped onion, chopped green pepper, tomato slices, broccoli florets, artichoke hearts... or anything else you like!
- Top Parmesan-flavored couscous or rice with cooked, chopped chicken and vegetables.
- Top pasta with marinara sauce and minced clams.
- Try mixing salad greens with whole wheat penne and the cubed low-fat cheese of your choice. Top with Caesar or Italian dressing – regular (small serving) or low-fat.
- Make quick-and-easy chili with ground turkey breast, canned kidney beans, tomato sauce, chopped onion, canned chopped tomatoes, and chili seasoning packet.
- Top whole wheat mini-bagels with peanut butter or low-fat cheese and a sliced apple.
- Stuff whole wheat tortillas with canned black beans, lettuce, salsa, low-fat shredded Cheddar cheese, and low-fat sour cream. Or swap out the sour cream with plain Greek yogurt.

[Click here for more recipe ideas from the American Cancer Society](#)

## CONTACT US

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



**Australia**



**California**



**New York**



**Ontario**



**Philadelphia**



**Utah**

**Australia** [ABCFR-research@unimelb.edu.au](mailto:ABCFR-research@unimelb.edu.au) | **California** [bcfamilyregistry@stanford.edu](mailto:bcfamilyregistry@stanford.edu)  
**New York** [metronyregistry@cumc.columbia.edu](mailto:metronyregistry@cumc.columbia.edu) | **Ontario** [OFBCR@uhnresearch.ca](mailto:OFBCR@uhnresearch.ca)  
**Philadelphia** [BCFRYoungWomenStudy@fcc.edu](mailto:BCFRYoungWomenStudy@fcc.edu) | **Utah** [jo.anson@hci.utah.edu](mailto:jo.anson@hci.utah.edu)