

BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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PUBLICATIONS & NEWS

Assessing patient readiness for personalized genomic medicine.

Genetic testing of single breast and ovarian cancer-causing genes like BRCA1 and BRCA2 has proven useful in helping many at risk families to better understand their cancer risk. Science has continued to move forward and today, genetic testing for cancer risk includes the use of 'gene panels' which tests many hereditary cancer genes at once, and on the horizon, 'whole-exome/genome sequencing', which tests a person's entire genetic make-up for not only cancer-causing clues but a wide host of other diseases as well. To integrate these extended tests into clinical care will require that health care providers are aware of the level of understanding, attitudes, perceived risks, benefits, and concerns of their patients to these new technologies.

Using questionnaires and extensive telephone interviews, 32 women (ages 30 to 65 years) from the Breast Cancer Family Registry were asked to help us better understand their attitudes towards genetic information, their interest in genomic testing and the perceived risks and benefits. The findings show that most respondents knew of the potential of genomic medicine to improve their own health and that of their family members through lifestyle changes and medical management. Overall, the advantages of having genetic information outweighed the disadvantages for most women. The study highlights the importance of understanding the attitudes of the women who could take advantage of this new technology.

To read the full study, [click here](#)

PARTICIPANT RESEARCH HUB

Thank you! Your participation strengthens what we do together.

25 YEAR FOLLOW UP QUESTIONNAIRE

Recently find an envelope from us? It's not too late to return consent updates & research questionnaires.

YOUNG WOMEN'S STUDY

Family gathering soon? There's still time to invite your female relatives ages 18 to 39 years to join our [Young Woman's Study](#).



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](#) for more information about the vaccine.

MEET A RESEARCHER

Gord Glendon, MSc

Gord Glendon is the Research Project Director of the Ontario site of the Breast Cancer Family Registry. He has been involved with the registry since its start in 1995. Gord holds a Master's degree in Genetic Counseling from McGill University and has worked in the field of familial predisposition to cancer for over 30 years on both the clinical side as a genetic counselor and research side in his role within the Breast Cancer Family Registry. Gord's research interest lies in the impact of the presence of cancer within families and the clinical application of evolving genetic technology. His work within the BCFR affords many opportunities to directly interact with study participants which he finds particularly rewarding. Away from work, Gord is an avid cyclist and enjoys encouraging his family's love of music by record collecting and concert going with his two teenage daughters.



SPRINGTIME TREAT MAPLE SYRUP



The sweetest time of year is when the crystal-clear sap of Canadian sugar maples is magically transformed into delicious maple syrup in 'sugarbushes' across the country.

Pure maple syrup contains vitamins and minerals and more than 67 different plant compounds, or polyphenols, nine of which are unique to pure maple syrup.

Makes 10 servings (1/2 cup). Per serving: 220 calories, 11 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 27 g carbohydrates, 4 g protein, 3 g dietary fiber, 30 mg sodium, 7 g sugar, 7 g added sugar.

Find recipe [here](#)

Maple Walnut Granola

INGREDIENTS:

Nonstick cooking spray
3 cups old fashioned oats
1/4 cup whole-wheat flour
1/4 cup chopped walnuts
1/2 tsp. cinnamon
Pinch of salt
1/3 cup pure maple syrup
1/3 cup canola oil
1 tsp. vanilla extract

DIRECTIONS:

1. Preheat oven to 300 degrees F. Lightly coat a large baking sheet with cooking spray.
2. In large bowl, combine oats, flour, walnuts, cinnamon and salt. In separate bowl whisk together maple syrup, oil and vanilla. Add to oat mixture, stirring well to coat.
3. On large baking sheet, evenly spread mixture. Bake 30 minutes. Remove tray from oven and stir granola, breaking up any lumps. Return to oven and bake an additional 20 minutes.
4. Remove from oven and allow granola to cool completely. Store in airtight container.

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 | California bcfamilyregistry@stanford.edu
New York metronyregistry@cumc.columbia.edu | Ontario OFBCR@uhnresearch.ca
Philadelphia BCFRYoungWomenStudy@fcc.edu | Utah jo.anson@hci.utah.edu