

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

## IN THIS ISSUE

- PUBLICATIONS & NEWS
- PARTICIPANT RESEARCH HUB – FOLLOW-UP PROGRESS
- MEET A RESEARCHER – DR. ALLISON KURIAN
- HEALTHY TIPS – ALMOND FLOUR BANANA BREAD

## PUBLICATIONS & NEWS

### Association of Risk-Reducing Salpingo Oophorectomy with Breast Cancer Risk in Women with BRCA1 and BRCA2 Pathogenic Variants

Women with pathogenic variants in BRCA1 and BRCA2 are at high risk of developing breast and ovarian cancers. They usually undergo intensive cancer surveillance and may also consider surgical intervention, such as risk-reducing mastectomy or risk-reducing salpingo-oophorectomy (RRSO). RRSO has been shown to reduce ovarian cancer risk, but its association with breast cancer risk is less clear.

In a study published in *JAMA Oncology*, researchers looked at the association of RRSO with the risk of breast cancer in women with BRCA1 and BRCA2 pathogenic variants. Data came from 876 families enrolled in the Breast Cancer Family Registry between 1996 and 2000 with a BRCA1 or BRCA2 pathogenic variant. The primary outcome measure was time to first primary breast cancer.

Results show that RRSO in women with BRCA1 or BRCA2 pathogenic variants was associated with a reduced risk of breast cancer within 5 years after surgery, with evidence of longer-term risk reduction among those with BRCA1 variants.

The findings suggest that although the primary use for RRSO is the prevention of ovarian cancer, it is also critical to assess its association with breast cancer risk in order to guide clinical decision-making about RRSO use and timing. *To read the full article, click [here](#).*

### 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.

## PARTICIPANT RESEARCH HUB

### FOLLOW-UP PROGRESS

The 25-year follow-up is still underway and we are approaching **8,000** completed surveys! A huge **'Thank-You'** to those who have already completed the survey! You and your family have played an important role in building and expanding the Family Registry resources to speed up novel research on breast and other cancers.

### REMINDER: RETURN CONSENT UPDATE FORM



A **friendly reminder** to participants from the **USA and Canada**: As part of this current follow-up, we are collecting a Consent Update Form from participants. In this form, we provide a summary of what you consented to when you enrolled, and we give more details about data and biospecimen sharing with other scientists and about the return of genetic research results. **If you have not already done so, we ask that you please review, sign, and return this form to us.**

If you have not yet received the survey or would like another copy of the survey or Consent Update Form, you can contact your Breast Cancer Family Registry site listed under the **"CONTACT US"** section on the next page.



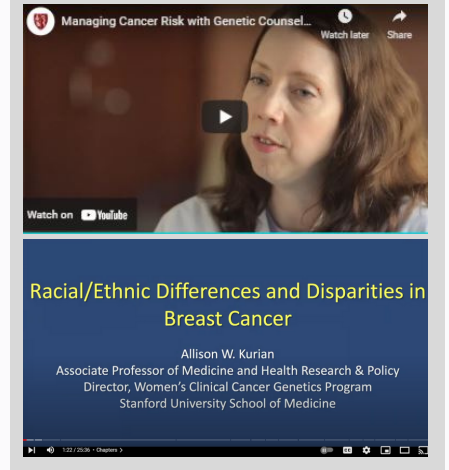
## MEET A RESEARCHER

Allison W. Kurian, M.D., M.Sc.

Dr. Kurian is the co-investigator of the California site of the Breast Cancer Family Registry. She is Professor of Medicine (Oncology) and of Epidemiology & Population Health at Stanford University School of Medicine. Her research focuses on the identification of women with elevated breast and gynecologic cancer risk, and on the development and evaluation of novel techniques for early cancer detection and risk reduction.

Dr. Kurian is also the Director of the Stanford Women’s Clinical Cancer Genetics Program. Her clinical practice is focused on women at high risk for developing breast and gynecologic cancers. She is a clinically active oncologist, treating patients diagnosed with breast cancer.

To learn more about Dr. Kurian's work, please visit her [full profile](#) or watch a few of her videos below:



## HEALTHY TIPS

### Almond Flour Banana Bread

*Almond flour is high in protein, vitamin E, fiber, healthy fats and low carb. This Almond flour banana bread is naturally sweetened with ONLY bananas (okay, and a few chocolate chips!) gluten free, grain free, dairy free and paleo.*



**Prep Time:** 15 minutes  
**Cook Time:** 50 minutes  
**Serves:** 12  
**Per Serving:** 257 calories

Author: Monique Volz of [AmbitiousKitchen.com](#)

#### Ingredients:

- 3 very ripe medium bananas, mashed
- 3 eggs
- 3 TBL unsweetened almond milk, or any milk
- 1 teaspoon vanilla extract
- 2 ½ cups packed blanched fine almond flour
- ½ cup flaxseed meal
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup dark chocolate chips

#### Cooking Directions:

1. Preheat oven to 350 degrees F. Line an **8 ½ x 4 ½** inch loaf pan with parchment paper. Spray the pan with nonstick cooking spray to prevent sticking. Set aside.
2. In a large bowl, whisk together the mashed bananas, eggs, almond milk and vanilla extract until well combined. Add in the almond flour, flaxseed meal, cinnamon, baking soda and salt. Use a wooden spoon to combine. Fold in the chocolate chips.
3. Pour batter into prepared loaf pan, smoothing the top with a spatula. Sprinkle 2 tablespoons chocolate chips on top. Bake for 50 minutes-1 hour or until tester comes out clean in the middle of the bread. Cool bread for 10 minutes in the pan, then remove and transfer to a wire rack to finish cooling completely. Once cool, cut into 12 slices. The bread is best the next day (as are all banana breads!) To serve: top with almond butter or butter and sprinkle with a little sea salt. Enjoy!

## 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)