

# BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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## PUBLICATIONS & NEWS

### Adjuvant Olaparib for Patients with BRCA1 or BRCA 2-Mutated Breast Cancer

Polymerase inhibitors (PARP) are drugs used to target certain cancers, particularly in patients with mutations in BRCA1 or BRCA2. Eg., they have been shown to prolong survival in BRCA-related ovarian cancer. A new study looked to see if these drugs could be used to reduce recurrence in patients with BRCA1 or BRCA2 germline mutation associated early breast cancer.

This randomized trial involved patients with a BRCA1 or BRCA2 germline pathogenic or likely pathogenic mutation that had human epidermal growth factor receptor 2 (HER2) negative early breast cancer. These patients had received local treatment and neoadjuvant (therapy given before the main treatment) or adjuvant (therapy given after primary treatment) chemotherapy. All patients had to have “high-risk” disease, such as large tumor size, positive lymph nodes, or poor response to initial chemotherapy. Patients were randomly assigned to one year of the drug, olaparib, or a placebo.

A total of 1836 patients were randomized. Researchers found that the 3 year invasive disease free survival was 85.9% in the olaparib group and 77.1% in the placebo group. The 3 year distant disease free survival was 87.5% in the olaparib group and 80.4% in the placebo group. Olaparib was associated with fewer deaths than placebo.

Among this patient population, adjuvant olaparib after completion of local treatment and chemotherapy was associated with longer survival free of invasive or distant cancer than placebo. This is the first trial to show an advantage to using olaparib in breast cancer in the adjuvant setting.

**To read the full article:**

<https://www.nejm.org/doi/full/10.1056/NEJMoa2105215>

## PARTICIPANT RESEARCH HUB

### YOUNG WOMEN'S STUDY

*HELP EXPAND THE BCFR*

The Breast Cancer Family Registry continues to enroll new participants in the Young Women's Study. Learn more at our [website!](#)

So far, we have enrolled **691** young women across all of the BCFR sites. Participation involves completing online questionnaires, providing a blood or saliva sample, and using a mobile app to track menstrual cycles.

If you have a female relative between ages 18-39 years old who may be interested in joining the Registry, please reach out to your research site using the Contact Us section on page 2.

### Coronavirus, COVID-19, and Cancer

Visit the [American Cancer Society](#) for information on how to protect yourself from the coronavirus and access routine medical care. [Click here.](#)



## MEET A RESEARCHER

Mary Daly, MD, PhD, FACP

Dr. Mary Daly is a Principal Investigator of the Breast Cancer Family Registry and a medical oncologist at Fox Chase Cancer Center. She is the Timothy R. Talbot Jr. Chair in Cancer Research and the director of the Risk Assessment Program at Fox Chase.

Dr. Daly came to Fox Chase Cancer Center in 1989 where she created the high risk genetics program which is now the Department of Clinical Genetics. The department is a comprehensive cancer risk-assessment service that combines the strengths of risk education and clinical genetic testing with individualized options for prevention.

## HEALTHY TIPS

### Raspberry-Peach Yogurt Smoothie

This creamy smoothie is a great on-the-go breakfast. Not only that, it's a great way to get calcium and two servings of fruit in a jiffy.

- 1 cup frozen raspberries
- 1 cup frozen peaches
- 1 (6-ounce) container nonfat plain or vanilla yogurt
- $\frac{3}{4}$  cup apple juice

In a blender, combine raspberries, peaches, yogurt, and juice. Process until smooth.

*Find this recipe and more at [American Cancer Society](#).*



## CONTACT US

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



**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@fccc.edu](mailto:BCFRYoungWomenStudy@fccc.edu) | **Utah** [Karen.otoole@hci.utah.edu](mailto:Karen.otoole@hci.utah.edu)