

BCFR NEWSLETTER

Keeping you up to date on the Breast Cancer Family Registry

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PUBLICATIONS & NEWS

Which cancers are BRCA1 and BRCA2 mutation carriers at risk of?

A recent study has assessed the risks associated with pathogenic variants (PVs) of BRCA1 and BRCA2 for 22 first primary cancers, other than female breast and ovarian cancers. This new knowledge will help inform effective cancer risk management based on more precise risk estimates.

Published in the May edition of the Journal of Clinical Oncology, the study used data from 7,618 families, including 577 from the Breast Cancer Family Registry.

The study confirms that, aside from female breast and ovarian cancers, BRCA1 and BRCA2 PVs are associated with increased risks of breast cancer in men, and pancreatic and stomach cancers in both sexes. However, only BRCA2 carriers are at elevated prostate cancer risk.

The cumulative risks to age 80 years ranged from 0.4% for male breast cancer to approximately 2.5% for pancreatic cancer for BRCA1 carriers, and from approximately 2.5% for pancreatic cancer to 27% for prostate cancer for BRCA2 carriers.

The BRCA1/2 PVs were not associated with the risks of any other cancers previously suggested.

These findings provide age-specific cancer risk estimates and will allow for improved cancer risk assessment of male and female carriers.

[Read the full study in the Journal of Clinical Oncology: 'Cancer Risks Associated With BRCA1 and BRCA2 Pathogenic Variants'](#)

Young Women's Study Update

A big THANK YOU to the **789** participants enrolled in the BCFR *Young Women's Study*.

Please make sure to check your personal dashboard so you can keep up-to-date with the latest survey modules 😊



[Listen to Hormonal, a podcast by Clue](#)

Special thanks to the **110** participants providing data via the **Clue** App. Great work!

If you're a Young Women's Study participant, contact your BCFR site (see below) to find out how to link **Clue** to the BCFR.

MEET A RESEARCHER - DR KEVIN NGUYEN



Click above for Kevin's university profile

Kevin is a senior research fellow at the Melbourne School of Population and Global Health. He has more than 12 years' experience in mammographic density and breast cancer research. He and his team have measured mammographic densities for more than 100,000 mammograms and this work has made significant contributions to the field with substantial implications for clinical translation.

Last year Kevin was awarded a 3-year grant (2021-2024), funded by Cancer Council Victoria (Australia), for the development of automated breast cancer clinical tools to improve screening and predict personalised risk at the time of a woman's mammogram. This work involves combining known risk factors with newly identified ones, including the latest mammography-based risk measures. These new measures are stronger predictors of breast cancer risk than all the known genetic factors to date.

Kevin's most recent work is focused on applying artificial intelligence to epidemiologically designed studies to provide the evidence for even more accurate, personalised risk prediction models.

"Away from work I enjoy hanging out with my friends and cooking Vietnamese cuisine."

BERRY FUNKY MUFFINS

*My kid ate 5 of them!
- Chris, ABCFR*

Ingredients

- 1 ½ cups wholemeal self-raising flour
- 1 cup self-raising flour
- 200g (~1 cup) cottage cheese
- ½ cup honey, melted
- ⅓ cup liquid coconut oil
- 2 eggs, lightly beaten
- 2 tsp vanilla extract
- 1 ½ cups frozen raspberries (or mixed berries)
- 1 [funky_cooking_track](#)

2. Combine flours in a large bowl. Make a well. Add cottage cheese, honey, oil, eggs and vanilla. Mix until just combined (batter will be quite thick at this stage). Fold in raspberries. Divide mixture evenly among paper cases.

3. Bake for 20 minutes or until golden and just firm to touch. Stand in pan for 5 minutes. Transfer to a wire rack to cool.

4. Get down!

Method

1. Preheat oven to 190°C/375°F (170°C/340°F fan-forced). Line a 12-hole, 1/3-cup-capacity muffin pan with paper cases.



CONTACT US

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