

## Upcoming Events for Individuals with Hereditary Breast and Ovarian Cancer and their Families in the DFW area

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We wanted to take this opportunity to make you aware of some of the activities that will be coming up in the Dallas/Fort-Worth area for individuals with BRCA gene changes and their families. Get your calendars out and jot these down: The 25<sup>th</sup> of September through the 1<sup>st</sup> of October is Hereditary Breast and Ovarian Cancer Syndrome Awareness week, and September 28<sup>th</sup> is Previvor day. These upcoming activities are great ways for your patients to gather information about their syndrome and network with other BRCA carriers:

October 1<sup>st</sup> individuals can attend **BRCA Boot Camp** at Eden Park in Euless. Fort Worth FORCE (Facing Our Risk of Cancer Empowered) is celebrating HBOC week by leading an hour-long calorie busting work out session with a certified personal trainer from Texas Elite Fitness. No experience is needed and individuals of all fitness levels are welcome. Bring your exercise mat, water, and hand weights if you have them. The cost of the boot camp will be \$20, per person, with all proceeds benefitting FORCE. Cash and checks will be accepted at the event. Interested individuals can click on the link at the Fort Worth FORCE page (under the support tab) at [facingyourrisk.org](http://facingyourrisk.org). There, they can register and download the waiver. The boot camp will be held from 8:45-10:00 am at 1099 Mid Cities Blvd in Euless, 76039. You can contact Genetic Counselor, Mary Pritzlaff, for more information at [maryp@facingourrisk.org](mailto:maryp@facingourrisk.org)

The DFW Genetics Group will be holding their **5<sup>th</sup> annual Hereditary Breast and Ovarian Cancer Conference** on October 22<sup>nd</sup> at the Cancer Support Community (formerly Gilda's Club) in Dallas. The theme of this year's conference is "Mind, Body, and Spirit". This conference is designed to help those with a gene change in BRCA1/BRCA2, those at risk to carry a gene change, and their family members, to get the answers they need to make informed decisions and the support they need for emotional wellness. A panel of expert physicians, genetic counselors, and BRCA positive individuals will discuss the latest information and medical management options for individuals with HBOC. The main talks for this year include a discussion of the psychosocial implications of being a BRCA carrier and the various means of support given by clinical psychologist, Jeff Kendall. Genetic counselor, Annette Patterson and a panel of BRCA positive individuals will discuss communicating diagnosis with family members and being your own advocate, and share stories of how they decided to discuss their diagnoses with their family members and what it was like. The latest resources and research in HBOC will be reviewed by Genetic Counselor, Mary Pritzlaff and surgical oncologist, Dr. Beth Anglin. Gynecologic oncologist, Dr. Thomas Heffernan and Plastic Surgeon, Dr. Ricardo Mead, will lead two separate talks on Robotic Surgery and Reconstruction surgery, respectively. Finally, clinical psychologists, Andrea Croom and Marian Zimmerman will discuss sexuality issues, particularly after prophylactic surgeries; surgical oncologist, David Euhus will lead a break out session for men with a BRCA gene change; and personal trainer from Train Arlington, Stephanie, will discuss fitness and diet for the BRCA carrier. In addition to being a great source of information for your patients, this is also a great opportunity for them to network with other Previvors, survivors, or fellow BRCA mutation carriers. There will also be a "show and tell" room at the conference where women will be (and are welcome to) share the real-life results of their reconstruction surgeries with each other in a private setting. The conference is free to attend and breakfast and lunch will be included. It will be held at the Cancer Support Community building at 2710 Oak Lawn Ave in Dallas, 75219-4107. Interested individuals should not delay, as space is unfortunately limited to 100 individuals. Interested individuals can reserve a spot by calling the Cancer Support Community at 214-219-8877. Additional questions can be answered by Genetic Counselor, Megan Farley, at 214-645-2563.

At the conference we will also be giving individuals a chance to participate in a **large research study of risk factor analysis of Hereditary Breast and Ovarian cancer**. This study is led by the director of the Familial Breast Cancer Research Unit at WCRI, Dr. Steven Narod. The primary objectives of the Narod study are to estimate the incidence of cancers of all types in a prospective cohort of 9000 female BRCA1 and BRCA2 carriers; to evaluate whether or not oral contraceptives reduce the risk of peritoneal cancer follow oophorectomy in BRCA carriers; to evaluate whether or not tamoxifen reduces the risk of breast cancer in BRCA carriers; and to establish whether or not hormone replacement therapy reduces the risk of breast cancer in BRCA carriers. Inclusion criteria for the study include: 1) female individuals who 2) carry a BRCA1 or BRCA2 mutation or 3) are a negative sister of a positive individual and 4) are above the age of 25. Women who are interested in this study will be asked to sign a consent form and complete a baseline questionnaire.

They will then be provided a follow-up questionnaire by mail every 2 years. This is an anonymous study. There will be a booth at the HBOC conference where interested individuals can sign up and complete the questionnaire. All women meeting the criteria are welcome to enroll. If you have questions about this study or know someone who is interested in participating you may contact Genetic Counselor, Heather Sellers, at 214-645-2563.

There are a number of races coming up in the next month, as well. Saturday October 15<sup>th</sup> is the **Dallas Komen Race for the Cure**, a 1k and 5k walk/run at Northpark Center. More information can be located at [www.komen-dallas.org/komen-race-for-the-cure](http://www.komen-dallas.org/komen-race-for-the-cure). Saturday October 29th is **the Undy 5000 Family Fun 5k Run and Walk** put on by the Colon Cancer Alliance. More information about how to participate can be found at their website, [http://support.ccalliance.org/site/PageServer?pagename=undy\\_landing](http://support.ccalliance.org/site/PageServer?pagename=undy_landing).

As always, the local chapters of FORCE, the national support group for those affected by hereditary breast and ovarian cancer and high-risk individuals, are another wonderful resource for patients. The BRCA1/BRCA2-positive support groups in Dallas and Ft. Worth hold monthly meetings that alternate between informative meetings typically led by an expert speaker on topics that affect this patient population and social dinners where members can get together to network and socialize in a casual setting. FORCE will also be present at the annual BRCA conference to hand out information on their organization and answer questions. Information on the next upcoming FORCE meetings can be found on their website, [www.facingourrisk.org](http://www.facingourrisk.org)

Please contact your friendly genetic counselor with any questions at 817-838-4871!