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Community Outreach Team:

- Veronica Ratliff, BCERP
- Gail Greenburg, BCERP
- Peggy Monroe, BCERP



Growing Up Female

New Grant!

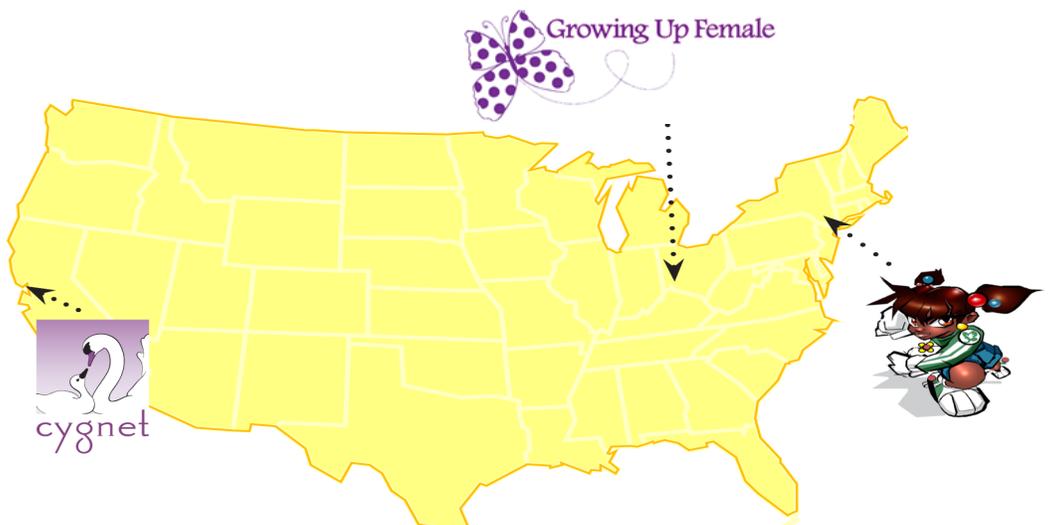
As you probably already know, we have been funded for another five years and we are very excited. Just a quick recap of the past. Cincinnati was one of four centers in the United States that was funded by a grant from the NIEHS (National Institute of Environmental Health Science) and the NCI (National Cancer Institute) called the BCERC (Breast Cancer and the Environment Research Centers). This was a joint effort of researchers with local cancer survivors and their advocacy, support, and service organizations. The original grant was for seven years and ended in July 2010. We were able to gather a great deal of information and shared it with other researchers at scientific meetings, etc. We couldn't have done this without your help.

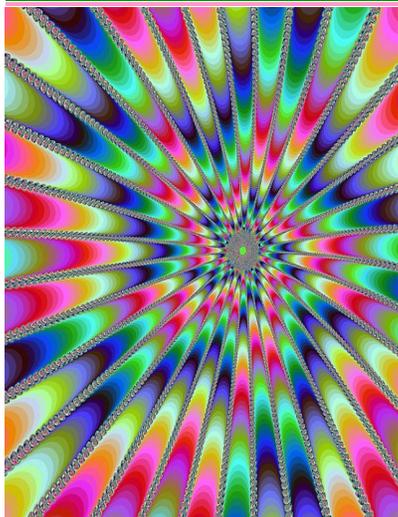
We reapplied and have been awarded funding for another five years to continue to study your daughters. We will again be studying how environmental and genetic factors affect puberty in young girls using epidemiology studies. The results will be used to educate breast cancer advocates, study participants, the public, and policy makers about personal health in order to influence public health policies. The name of the new project is called BCERP (Breast Cancer and the Environment Research Program). The two other sites, New York City and San Francisco, have also been awarded funds to continue their study. Because of the funding support, Growing Up Female girls will continue to be a part of a bigger group that will give us important information on how girls grow and mature.

If we haven't seen your daughter yet, we will be calling you to schedule a visit in the next several months. Remember, in this new study we will only be asking you to bring your daughter once a year for a visit. Also, we want to let you know that instead of sending you the large packets of information in the mail that we asked you to fill out, we will be interviewing you at the time of your daughter's visit to obtain this information. Hopefully this will make it easier for you. Now that your daughters are older, we will also be interviewing them to ask them some questions about the products they use and activities they participate in.

We want to thank you again for sharing your daughters with us!

Girls in New York and California participate in studies very similar to Growing Up Female. The study in New York City is called Growing Up Healthy and the study in the San Francisco area is called Cygnet. As you can see, each site has its own logo. ■

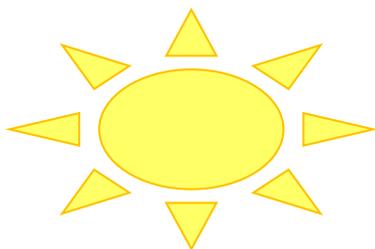




GIRL'S PAGE!!!

Why Do I Need to Get a DEXA Scan?

*“Within our
dreams and
aspirations
we find our
opportunities”
~ Sue Atchley
Ebaugh*



Do you know how many bones there are in your body? Can you believe there are 206? Bones are living, growing parts of the body. As you know, they grow in length: The taller you get, the longer your bones are. As you get older, your bones also get denser or thicker. One way we can see these bone changes in your body is by using a dual energy x-ray absorptiometry – or DEXA scan. The results of the scan will help us understand the changes in your bone density as you get older and how the changes can be influenced by what you eat, what you do, and the chemicals you come into contact with as you go about your day. Most of this increase in thickness or density occurs during your teen years. That’s why we are performing the DEXA scan now. If you haven’t had your DEXA scan yet, here’s what to expect.. First, you can’t have any metal on when you do the scan, so you might want to leave your jewelry, earrings, ponytail holders, and barrettes at home. Other metal objects include things like pants with zippers or snaps, so if you wear pants with zippers or snaps, we’ll

ask you to take them off and put on a pair of scrub pants for the scan. If you have a shirt or bra with metal, you’ll get a scrub top, too. You’ll also take your shoes off, but you can keep your socks on. Once you’re all set, you’ll lay down on a table to get the scan. The scan is like a camera. Its lens needs to focus to get a good picture, so you’ll need to lie very still for about three minutes. The table will slowly move sideways and down and another part of the machine will move over your body to take the picture. After the scan is taken, we’ll print out a picture of your skeleton that you can take home.



Thank You!

You are the most important part of the Growing Up Female study. By learning about what you eat, how you grow, and what is happening in your body, we can help girls become healthy women. This year we’ll be working with you a little bit differently than we have before, and we we’d like to share these changes with you. Unlike previous years, all of you will be coming to Children’s Hospital on Saturday mornings for your visit. We’ll also only be seeing you once a year instead of twice, so you can sleep in an extra Saturday! Finally, you might remember that in the past we asked your parents to fill out a lot of forms that had questions about things that you do. Now that you are older, when you come for your visit we’ll talk to you as well as your parents, and ask you about some of the products that you use and some of the activities that you are involved in. It will take about 10 minutes to ask you all of the questions, and if you don’t know the answer to a question or don’t want to tell us, that’s okay. Just let us know and we’ll move on to the next question.

Thank you for being you and for your help. We couldn’t do this important work without you!

Why should I drink water before coming for my visit?

Drinking lots of water before coming for your visit can help in two ways:

First, you will probably need to use the restroom when you get to Children's Hospital which is a good thing because that's one of the stations you need to visit!

Second, drinking water helps when you're having your blood drawn. It makes your veins easier to find because they dilate (expand)!!

So next time you're getting ready to come to see us, drink lots of water!!

Enjoy a Gift From Us!

The Growing Up Female Staff is very excited to let you know that if you sign up for the next five years of the program, you will receive a special gift when you come for your visit. The gift you will be receiving is a Vera Bradley wristlet in one of the new Spring 2011 patterns. Thanks again to all of you for your help these past seven years and we look forward to seeing you soon. Growing Up Female Girls rock!!!!



Growing Up Female Gala



High School Volunteers Helping The Young Girls Make Friendship Bracelets.

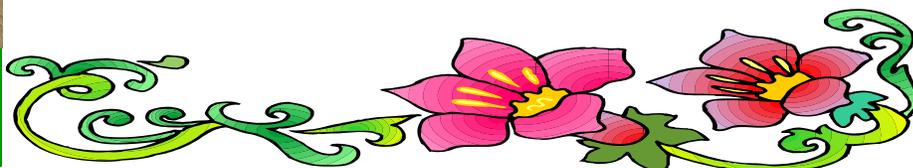
Over 100 people attended our first Growing Up Female Gala on Saturday, November 13, 2010. The event included something of interest for our girls and their parents. The girls participated in an interactive workshop called Smart Girls with Renee Wuest from the Boys and Girls Club of Greater Cincinnati. They also took part in a craft activity decorating and personalizing flip flops they took home with them. While the girls were busy being crafty, parents attended a presentation by Lisa Mills from Harmony Gardens, called "Healthy Choices and Healthy Development." The presentation was followed an engaging interactive dialogue with Dr. Mills.

Dr. Biro also talked with the girls and their parents about what to expect for the next five years of the project.

The day was a great success, concluding with an opportunity for participants to win great door prizes including sweatshirts, t-shirts, gift baskets, and a grand prize of an iPod.

Thanks to all of the dedicated volunteers including breast cancer community advocates, study helpers, and four very special high school students. We couldn't have done it without you!

Look for announcements for our next gala in November 2011.



Community Forum 2011

On Saturday May 21st we had our 7th annual community forum “Looking Upstream for Environmental Links to Breast Cancer.” There were approximately 100 attendees and a variety of speakers. The attendees represented a mixture of members of the advocate community as well as interested members of the medical community and the community at large.

The keynote speaker was Marisa Weiss MD, founder and president of breastcancer.org who did a wonderful job of presenting steps that everyone can take to reduce their risk of breast cancer.



There was also an update on the Breast Cancer and the Environment Research Program that Dr. Biro gave explaining what has gone on in the last seven years and what is planned for the next five years of the new grant. All who attended agreed that it was a very educational program and that they learned new information that will be helpful to them.

The Results are In!

At the First Annual Growing Up Female Girls' Gala, study participants voted on their favorite t-shirt colors. So, for the next five years.....

- | | | |
|-----------|-----------------------------|---|
| 2011-2012 | (First Place) Fuchsia |  |
| 2012-2013 | (Second Place) Sky Blue |  |
| 2013-2014 | (Third Place) Purple |  |
| 2014-2015 | (Fourth Place) Bright Green |  |

Upcoming Events

- | | |
|---|--------------------|
| Komen Greater Cincinnati Race for the Cure | Sept 24th |
| Making Strides Against Breast Cancer of Greater Cincinnati | Oct 9th |
| 2nd Annual Growing Up Female Girls' Gala | Stay Tuned! |
| Breast Cancer and Environment Program Annual Mtg, Cincinnati OH | Nov 17-18 |

The Growing Up Female Study Staff!



From left to right: Tara Wittrock, phlebotomist; Dr. Jennifer Hillman, maturation; Veronica Ratliff, office staff, front desk, urine collection; Jane Parker-Smith, NP, maturation; Dr. Frank Biro, principal investigator, blood pressure; Amanda Kolb, office staff, front desk, urine collection, anthropometrics; and Anita Southwick, office staff, anthropometrics.

Not photographed: Gail Greenburg, interviewer, COTC; Peggy Monroe, interviewer, COTC; Zippy Innis-Richter, interviewer.