

OVULATING?

- Remember to call Maureen at 612 508 3007 or 612 624 4959 when you get a positive with the ovulation kit.
- Testing with the ovulation kit is best done in the afternoon at the same time each day.
- Read the test between 3-5 minutes to see if you got a positive.

KEEPING
TRACK

Clinic Visits

Start of
period (Day 1)

End of period

Ovulation
testing

Positive
ovulation

Signs and
symptoms

Exercise
schedule

Assessing Your Risk of Breast Cancer



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As you know, the WISER study is a complex study that analyzes many different pieces of information we get from you.

The Family History Questionnaire you receive at your fifth clinic visit is designed in a way to assess any possible risk of having breast cancer over your lifetime. Some of the questions regarding cancer in your family will help us determine a breast cancer risk based on a risk assessment model designed by Elizabeth B. Claus. This model does

not predict if you will get cancer in your lifetime, but it gives the **probability** of being diagnosed with cancer based on statistics from thousands of women who had family members with breast cancer.

A more direct way to predict breast cancer risk is done by testing blood to check for specific changes (mutations) in genes known as BRCA1 and BRCA2. Some people have a greater chance for mutation due to genetics, such as people with family members who have BRCA1 or BRCA2 mutations or family members with breast or ovarian cancer. Women from low cancer risk families have a very small chance of testing positive for a gene mutation. Genetic counseling is recommended for someone considering hav-

ing this test done due to the concern that may be caused with a positive test result. To find doctors in your area who do gene tests, call the National Cancer Institute at 1-800-4-CANCER. To find a genetic counselor in your area, please visit the National Society of Genetic Counselors at <http://www.nsgc.org>.

This genetic test is costly and it's not suitable for everyone, so the questionnaire for the WISER study is designed to take the participants who have never been tested for a gene mutation into account. This is important information for the study so please contact your family members in regard to their cancer history. The more accurate you are with your answers, the more beneficial your participation in the study will be!*

Funding Women's Health Research

The Twin Cities are ripe with opportunities to raise money for further research for women's health. There are 5K's and 10K's and 3 day walks for myriad of health topics. It's an easy way to get your friends and family out for an activity and support the

efforts of research like the WISER Study.

Relay for Life is a great option for gathering community around cancer prevention efforts. If you are interested in getting involved on this level, some websites to check out are listed here.

www.runningroom.com
(click on Mn)

www.cancer.org (click on participate in events)

Please ask WISER Staff for ideas or tips on getting involved.

* www.webmd.com