

DONATE

zero breast
cancer



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Thank you for supporting Zero Breast Cancer!

Message from our board President.

During the twelve years I have served on the board of Zero Breast Cancer, significant progress has been made in understanding the diseases we call breast cancer. Our focus on prevention is strengthened by this knowledge.

I have learned that during puberty, pregnancy, and for females in utero, breast tissue is impacted by active hormonal changes that cause rapid cell division and an elevated risk of mutations that might one day turn cancerous. These mutations can arise from several risk factors including fairly well known ones such as excess radiation, exposure to carcinogenic chemicals and environmental toxins - also implicated in other cancers.

Our research partners have demonstrated that many of our girls are entering puberty earlier and earlier as a result of many 'lifestyle' factors. Too little exercise, nutritionally sub-par diets and excess 'empty calories', too much stress, and too little sleep may be contributing significantly to hormonal disruption. Our grave concern is that this extended 'window of susceptibility' is itself a significant breast cancer risk factor for the next generation and at Zero Breast Cancer it is central to our mission to raise awareness about this information.

This is an appeal to you to join me in renewing our commitment to Zero Breast Cancer,

making it one of our top priorities now! If you are not a survivor yourself, you probably know someone close to you - someone in your family or in your circle of friends or your sons and daughters circles of friends - who is a survivor. By supporting our education and outreach programs, our translation and sharing of important information to the next generation, you are increasing the chances that breast cancer risk reduction efforts can start to have some real measurable impact.

Your meaningful gift of any size makes it possible to sustain the focus on this goal and the vision of a world with zero breast cancer. Please stretch as much as you are able! We thank you for your generosity!

As a valued supporter of ZBC, I invite you to visit and revisit our new website www.zerobreastcancer.org. There you can sign up for our newsletters, read our blog, and of course you can follow us on Facebook and Twitter. We constantly share new information on our website and across these platforms as it comes to light.

We wish you a joyous holiday season and the best of good health in the New Year.

With warm regards,

Connie Goldsmith

Connie Goldsmith
Board President

Read More

Also in this edition:

- [San Antonio Breast Cancer Conference](#)
- [High school teens turn to ZBC for real life learning opportunity](#)
- [ZBC book reviews - # 4 now out.](#)
- [ZBC volunteer writes powerful and painful piece about loss](#)

News from the San Antonio Breast Cancer Conference

A member of the ZBC Scientific Advisory Group presents late breaking research results at the 2016 San Antonio Breast Cancer Conference.

In 2015 Mark Powell, MD, based in Marin County, CA,

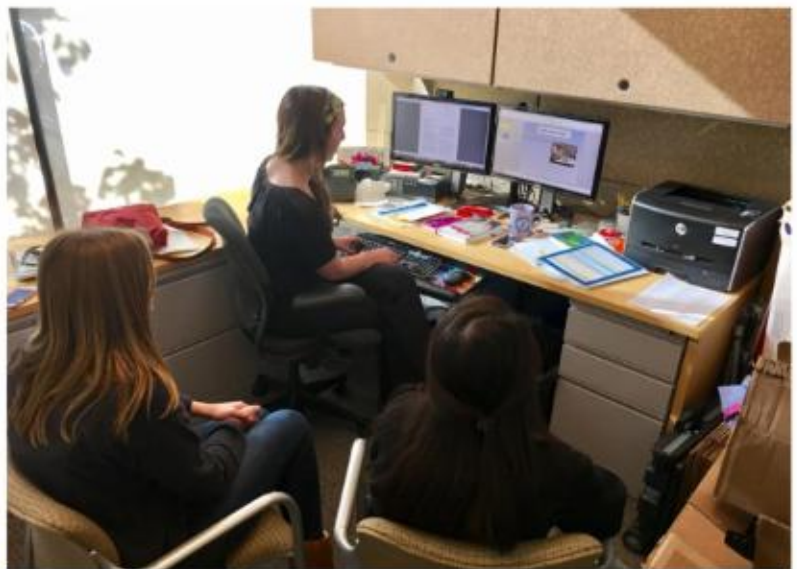
secured funding to verify some intriguing findings he observed during his time working with the data set assembled by the Marin Women's Study. With support from the Avon Breast Cancer Crusade, back office services from ZBC and close collaboration with researchers and scientists at several leading Bay Area institutions Dr. Powell set to work. His project involved seeking to replicate his earlier results using a much larger data set obtained through the California Teachers Study,



Dr. Powell has now been able to confirm an association between lower breast cancer risk and a specific genetic mutation in women who have experienced pre-eclampsia. He presented his findings on Friday evening, December 9th, 2016 at the conference. Understanding what we can learn from this association will hopefully be the focus of future research. We will be sure to follow developments closely.

Teens choose ZBC for senior project!

ZBC was delighted to be approached by two high school seniors to help fulfill a graduation requirement. We are pleased to be able to offer them the opportunity to learn about non-profits in general and about breast cancer risk reduction in particular.



When students at Irvington High School in Fremont, CA were asked to pick a topic for their senior year cornerstone project, Keisha and Janessa decided to learn more about education and outreach to teens on the topic of breast cancer risk reduction. Both students hope to have future careers in the medical field and one of the girls is already intimately familiar with breast cancer through her own mother's diagnosis. Over the course of the next five months or so their activities with us have, or will, include:

- Shadowing a meeting of breast cancer advocates exploring issues relating to services that will be helpful to breast cancer survivors (pictured above)

- Helping to prepare year end appeal letters for mailing
- A visit to Redwood High School's Wellness Center - a facility their own high school does not enjoy - and observing how materials provided by ZBC are being used.
- Learning what kinds office and administration skills are needed to run a knowledge based/knowledge sharing non-profit (also pictured above)
- Volunteering with some of our upcoming events!

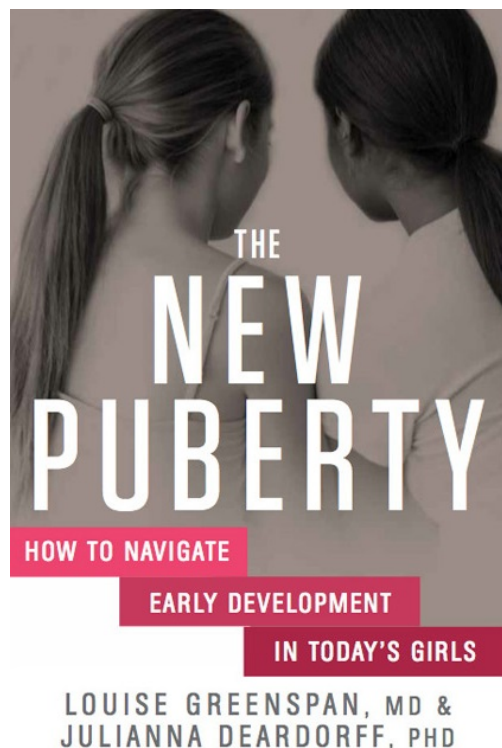
We are excited to work with these passionate teens. They inspire us and make us hopeful that the next generation is ready to step up and continue to pursue the vision of zero breast cancer!

ZBC blogs about books - # 4

New Book Review on "The New Puberty" by Louise Greenspan, MD and Julianna Deardorff, PhD

Authors Louise Greenspan, MD and Julianna Deardorff, PhD are researchers and practitioners who specialize in pubertal development and adolescent health. In this book, they detail the challenges associated with girls hitting puberty early and discuss how early development can be a risk factor for breast cancer later on. They also bring up the concerns around environmental exposure, because "puberty does not occur in a vacuum." Lifestyle choices, chemicals, nutrition, exercise, and more can impact how young girls mature. **While this book was initially released in 2014, it remains a cornerstone of the discussion about risk reduction in our youth and ways we can (all) live healthy lifestyles.**

To check out the blog click [here!](#)



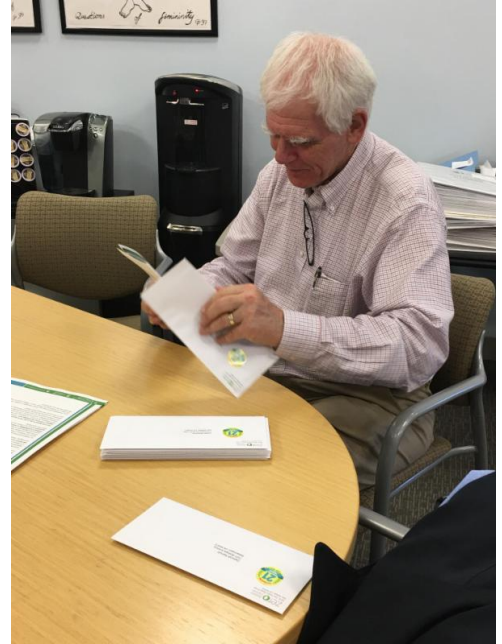
Spotlight on Versatile ZBC Volunteer

Volunteer Peter Richmond readies year end campaign envelopes for mailing and regales us with fascinating stories from his younger days ...

On a serious note Peter is an engaging writer and blogger and his writing is at its finest and most impassioned when it gets most personal. It doesn't get more painful than the story of how his mother died of breast cancer when he was 10 years old and how he came to understand her death.

Thank goodness today the whole topic of breast cancer is much more humanely dealt with! If you have not done so already please check out our recent book reviews - particularly the personal accounts by authors Andrea Hutton and Karla Antoinette Baptiste.

To read the Peter's full article and the book reviews mentioned click [here!](#)



Zero Breast Cancer promotes breast cancer risk-reduction through translation of scientific research and evidence-based recommendations that support health and wellness at key stages of life.

We envision a world with zero breast cancer!

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