

DONATE

zero breast
cancer

Proud to Partner With
Every Body
WALK!

Girls' New Puberty Concerns

Did you know that a generation ago less than 5% of girls started puberty before age 8? Now its 10%+

Coming soon an, innovative digital health education campaign focusing on why early puberty* happens, why it matters and practical recommendations to reverse this trend.

* Based on the book *The New Puberty* by Louise Greenspan, M.D and Julianna Deardorff, PhD.



Why is this this campaign important? Aside from the obvious, that 8 year old girls aren't mentally or socially developmentally ready for 13 year old bodies, early puberty is associated with childhood obesity which in turn raises lifetime risks for a number of health problems.

The most at risk populations for early puberty correlate with populations at

higher risks for health disparities; low income, inadequate health education, lack of access to healthy, nutritious, food and few options for safe or effective exercise opportunities create systematic disadvantages. These same populations may lack adequate health insurance, may experience high stress levels and may be exposed to more environmental pollutants.

Body mass, stress, lack of sleep and hormone disrupting chemicals in our environment can all influence early puberty. Research has shown that early puberty and late menopause are themselves associated with increased lifetime breast cancer risks. Having this information is the essential first step for individuals and communities to understand what needs to change and to be empowered to act.

We will be launching this campaign at our upcoming Community Reception and Fundraiser on April 20, 2017. Event information and ticket links below!

Unable to attend? Your [donation](#) will help us get this information to the communities who need it most.

Thank you!

Rose Barlow

Rose Barlow
Executive Director

[Tickets On Sale Now!](#)

ZERO BREAST CANCER INVITES YOU!

To the public launch of an innovative digital
campaign on “Girls’ New Puberty: When 8
Year Old Girls Have 13 Year Old Bodies”

A Community Reception and Fundraiser

Click [here](#) to see the invitation!

Read More

Also in this edition:

- [Survivorship Info](#)
- [UCSF Event](#)
- [Teen Info](#)
- [Book Review](#)
- [Volunteer Spotlight - Cristine Albert](#)

For Breast Cancer Survivors

Please visit our table at the upcoming breast cancer prevention conference in San Francisco on March 4th. We look forward to seeing you there!



CANCER PREVENTION INSTITUTE OF CALIFORNIA

Preventing Cancer. Promoting Life.

The CPIC breast cancer conference, attended annually by over 200 breast cancer patients and medical professionals, helps survivors to make informed decisions about their health. The conference addresses the constellation of concerns that accompany a cancer diagnosis. Topics for this year's conference:

- Recent trends in breast cancer incidence in the Bay Area;
- Current and new treatments;
- DCIS;
- Genetics and family risk;
- Fertility and family planning;
- Personal story from a young survivor;
- Supportive Care: Why it is important to care for your mind, body and soul;
- Estate planning;
- Nutrition and lifestyle strategies for reducing breast cancer;
- ☆NEW☆ Networking to address breast cancer disparities: Learning from researchers, community partners, advocates, and survivors

LEARN MORE AND REGISTER [HERE!](#)

Weigh In on Screening

Breast cancer screening on trail: What should publicly funded programs cover? March 9, 2017 from 6:30 p.m.- 8:30 p.m. @ the Jewish Community Center of San Francisco.



Center for
Healthcare Value

Philip R. Lee Institute
for Health Policy Studies

National Center of Excellence
in Women's Health

Sponsored by the UCSF Center for Healthcare Value as part of the "Healthy Discourse" series, the UCSF National Center of Excellence in Women's Health and the San Francisco Medical Society.

As a member of the audience you will serve on a jury. Learn from researchers, community partners, advocates, and survivors. Take advantage of the opportunity to ask the experts questions, deliberate, and reach a verdict. We will conclude with an open discussion.

Light refreshments will be served before the start of the program.

Event is free but seating is limited. RSVP is required, click [here!](#)

More High Schools Sign Up

Fusion Academy is a recent recipient of ZBC teen breast cancer risk reduction materials!



A REVOLUTIONARY WAY TO SCHOOL

Fusion Academy is a private middle and high school that takes a new approach to education by providing one-on-one support for their students. By prioritizing emotional, social, and academic growth Fusion is able to provide customized lesson plans for each individual. According to their website, "Fusion was modeled around the needs of students who weren't finding their place in more traditional school environments - whether they struggled with learning differences or disabilities, ADHD, social issues, the rigid scheduling of ordinary schools, or the boredom of a classroom not geared to accelerated learners." We are excited to donate wellness supplies to this great campus, and hope to expand this partnership to their other locations!

To learn more about Fusion Academy, click [here!](#)

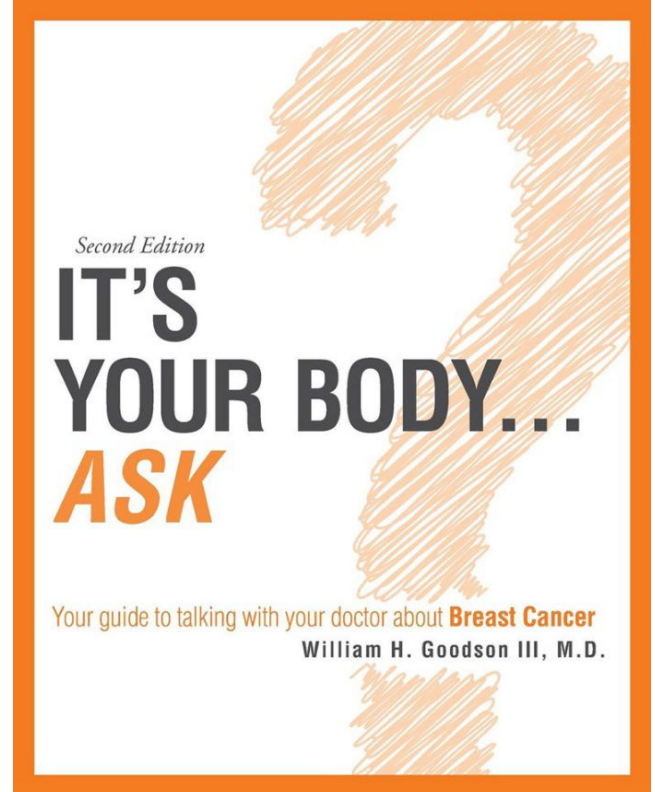
ZBC Blogs about Books - # 6

New book review on "It's Your Body... Ask" by William H. Goodson III, MD

This book fills an important gap in the growing collection of breast cancer books published in the last few years. It does so for several reasons. It has been written by a very experienced breast cancer doctor who brings

significant empathy to the work i.e Dr. Goodson puts himself in the shoes of the lay person coming to grips with the complicated and complex world of breast health and breast disease. He imparts information that encourages, facilitates and supports effective exchanges between doctor and patient, family members or other non-medical interested parties. He translates important and tricky concepts on how to evaluate possible risk factors.

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



Spotlight on ZBC Volunteer Cristine Albert

Volunteer Cristine Albert helps ZBC get ready for our upcoming Community Reception!

Cristine was introduced to ZBC in 2016 by Molly Schmidt, Community Engagement Coordinator, at the Center for Volunteer and Non Profit Leadership (CVNL). Cristine has an impressive track record in non-profit volunteering. She has served on boards, raised funds, engaged communities and led outreach efforts. She is no stranger to business either and brings her strategic consulting skills to for profit and non-profit clients alike. Cristine is currently enjoying a new career experience working with grade schools students in their classrooms while still keeping up her volunteer activities.



Cristine came to us with a reputation as a fearless and highly organized 'can-do' volunteer with a talent for asking and getting! Boy is that reputation deserved. Thank you Cristine for all you have done to secure raffle prizes and guest gifts for our upcoming Community Reception and Fundraiser taking place on April 20th, 2017.

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!

[Visit Our Website](#)

STAY CONNECTED:

