



# HIGH RISK BREAST PROGRAM of VT

Spring 2007

## We Are Growing!



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Thanks to your participation and support the High Risk Breast Program is growing in leaps and bounds. Starting with our first patient on our

Clinical and Molecular Biomarker trial in September of 2003, we have grown to four different clinical trials with over 300 participants. 2006 was our strongest year yet, and we are excited to continue to grow in 2007. Here is a

brief review of the trials that we have available. If you are already a part of them thank you. For more information on any of our trials please contact Elaine Carpenter at 802-656-9446 or your breast care provider.

**Clinical and Molecular Biomarkers of Breast Cancer Risk (Database):**

This is where the program began. It is our largest study, and most of you are a part of it already. We currently have 300 participants. Our goal is to reach 1000 participants.

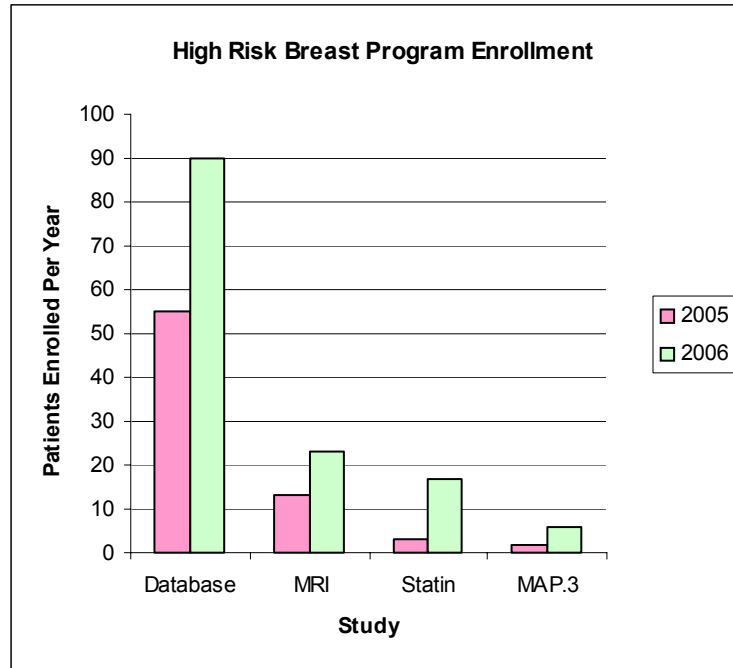
**Screening Breast MRI in Women at Increased Risk for Breast Center: A Validation Study (MRI):** This study is taking a look at using MRI as a screening tool for breast cancer. We currently have 41 participants, and are looking for 100.

**Statins and Breast Cancer**

**Biomarkers (Statin):** This study is testing to see if atorvastatin (a drug commonly used to lower cholesterol) will decrease breast density breast cancer in pre-menopausal women. In other studies of people taking statins, less cancer than expected has been observed. The relationship between decreased cancer incidence and decreased breast density is unknown; this study may help us learn more.

We currently have 22 patients on this study, and are looking for 100 nationwide.

**MAP.3:** This study is testing whether exemestane, an aromatase inhibitor, will reduce the rate of breast cancer in post-menopausal women at high risk for developing the disease. We currently have 8 participants on this study and are hoping for 20.



## 7th Annual Stowe Weekend of Hope:

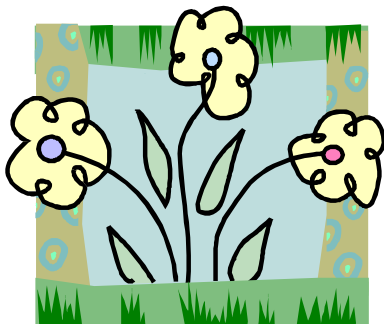
The Stowe Weekend of Hope is a weekend retreat for cancer patients, survivors and their families. This year it will be held May 4-6. The purpose is to inspire, educate, and celebrate the lives of people living with cancer. Workshops and seminars provide participants with information about new treatments, support, clinical trials, prevention and more, presented by oncologists from around New England, including those at the Vermont Cancer Center and Fletcher Allen Health Care. For more information visit [www.stoweohope.org](http://www.stoweohope.org).

**H R****B P**HIGH RISK  
BREAST  
PROGRAM  
OF VERMONT

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## Notes from the Director:

I would like to thank all of your participation and support of the high risk breast program. This program has become extremely successful. We have enrolled over 300 women since starting in 2003. We now



have a number of studies for women to consider and the majority of these studies have been designed by investigators here at the Vermont Cancer Center. This program started small with investigators and staff all volunteering their time. We realize that it is now time to become more organized and plan our areas of growth and outreach. We need your help in these efforts. To continue with a grass roots effort that has been so successful, we would like to invite the women in this program to

help. If you would be interested in being part of the advisory board or have ideas or time to volunteer for fund raising or outreach please let us know. You can e-mail me at [marie.wood@uvm.edu](mailto:marie.wood@uvm.edu). Again, thank you for being part of this very successful and special program, we are all proud if the success and growth of this program.

Sincerely,

Marie Wood, M.D.

## Asparagus Quiche:

This is a perfect springtime recipe. It can be used for breakfast, lunch or dinner. Enjoy!

### Ingredients:

- 1/2 pound of asparagus, trimmed, chopped
- Water
- 2 T. butter
- 1/2 cup chopped mushrooms
- 4 green onions thinly sliced
- 1 tomato, peeled, seeded and diced
- 1 1/2 cups Havarti or Swiss cheese
- 4 large eggs
- 1 1/2 cups whole milk
- 1/2 t. salt

- 1/8 t. pepper
  - Dash of nutmeg
- Instructions:**
- In a saucepan, cover asparagus with water. Bring to a boil over high heat.; reduce heat, cover and cook for 5 minutes. Drain and set aside.
  - In a skillet, heat butter over medium-low heat; add mushrooms. Saute until mushrooms are tender; add green onions, cook one minute longer. Set aside.
  - Line a 9-10 inch pie pan with pastry; bake at 375 degrees for 8 minutes. Remove from oven and

reduce oven temperature to 350 degrees.

- Arrange vegetables and cheese in pie pastry.
- Whisk together eggs and milk; add salt, pepper and nutmeg. Pour egg mixture over vegetables. Place the filled shell on a cookie sheet.
- Bake for 45-55 minutes, or until knife inserted in the center comes out clean.

Serves 6-8.

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## Contact Information

Megan Vander Vliet, study coordinator: 802-656-9926

Elaine Carpenter, study coordinator: 802-656-9446

To schedule an appt with a HRBP provider: 802-847-2262