



# JANUARY NEWSLETTER

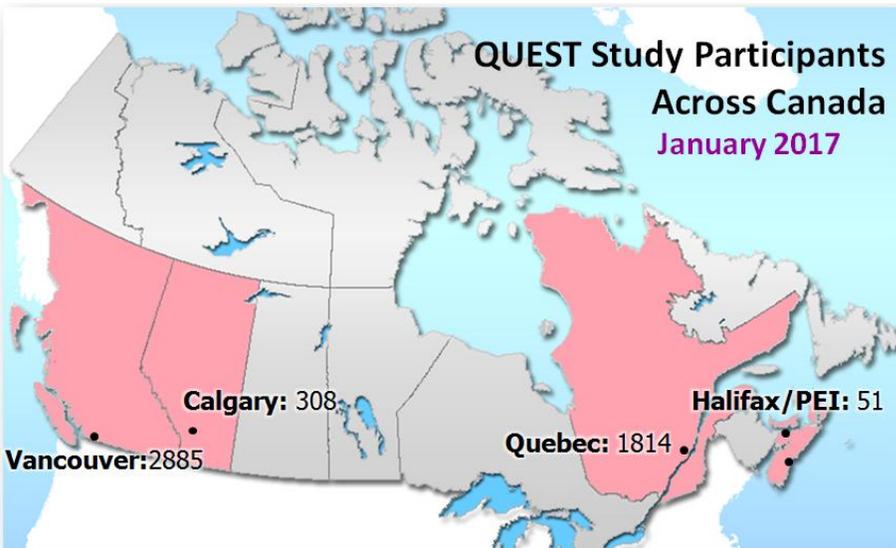


 @QUESTHPVStudy | [QUESTHPVStudy@bcchr.ubc.ca](mailto:QUESTHPVStudy@bcchr.ubc.ca) | 1-866-502-2424

*Happy New Year!*

2017 brings some changes here at the QUEST office where we will be saying goodbye to one of our Principle Investigators and welcoming a new one!

There will be no February newsletter as we will be busy welcoming our newest team member but we will be back with all of the new details in March.



*Refer A Friend* to our [website](#)! When **they** fill out the Contact Us form, **you** will be entered to win a gift card!

**Arlene** was last month's winner! To thank her for telling her friends about the study, we sent her an iTunes gift certificate!

## Women's Health

By Claire Pitcher, Registered Nurse

We want to kick off this year's newsletter with a series on women's health. Over the next few months, we'll cover a new topic in each issue of the newsletter including things like breast cancer, global health, and menstruation. If you have any suggestions for women's health topics, please send your ideas our way!

The HPV vaccines (which everyone on the study has gotten!) protects against human papillomavirus. This virus has been linked to changes in cervical cells that can lead to cancer. This means we can say that the HPV vaccine helps to prevent cervical cancer because getting the vaccine often means NOT getting this potentially cancer-causing infection! Unfortunately, not all types of cancer have vaccines to help prevent them. This month, we're going to include some frequently asked questions about breast cancer.

### What is breast cancer?

The term 'cancer' is an umbrella term that describes a number of distinct yet similar diseases. The main similarity is that they all include an overgrowth of unhealthy cells in the body. Many different types of cells can be affected by cancer. When there is an overgrowth of unhealthy cells in the breast tissue and those cells begin to damage the surrounding tissue, we call that breast cancer.

### What causes breast cancer?

There is no single cause of breast cancer. Rather, breast cancer can be caused by a complex mix of factors. For example, in some cases, a person can inherit a gene from one of both of their parents that may make them more likely to develop breast cancer. In other cases breast cancer can be linked with overall lifestyle and environmental factors such as how much physical activity a person gets or whether they've been exposed to toxic chemicals. If you're ever worried about your risk of developing breast cancer, it can be very helpful to speak to someone you trust – especially a health care provider like a doctor or nurse.

### How can I monitor my breast health?

One of the most important ways to monitor your breast health is to become 'breast aware'. Everyone's breasts can change a bit depending on things like age, where you are in your menstrual cycle, whether you're pregnant, etc. This is why it's so important to be 'breast aware' and to get to know your own breasts; if you notice any big changes or have any concerns, you should go see a health care provider to follow up. Depending on your health history and on provincial guidelines, it is recommended that you start getting mammograms (breast x-ray) at around age 40 or 50.

For more information on breast cancer screening and cancer, you can visit these great websites (note: be sure to select your home province to ensure you're getting information that's local to you!

<http://www.cancer.ca/en/prevention-and-screening/early-detection-and-screening/screening/screening-for-breast-cancer/?region=on>

Currently enrolled:  
**5058 GIRLS**

Our target:  
**8666 GIRLS**

### Contest of the Month

- 1) There will be a February 2017 Newsletter  
**True or False**
- 2) The HPV virus can cause changes to cervical cells  
**True or False**
- 3) There is no single cause of breast cancer  
**True or False**

[Email us](#) your answers for your chance to win a gift certificate!

**Congratulations Karly!**  
**She was our December**  
**Contest Winner!!**

We sent her a  
Starbucks Gift card!

<http://www.cbcf.org/central/Pages/default.aspx>

## Contact Info

**AB:** Maria Chieffo | [maria.chieffo@albertahealthservices.ca](mailto:maria.chieffo@albertahealthservices.ca)

**BC:** Jessica Bow | [jbow@bcchr.ubc.ca](mailto:jbow@bcchr.ubc.ca)

**NS/PEI:** Darlene Macaulay | [Darlene.MacAulay@iwbk.nshealth.ca](mailto:Darlene.MacAulay@iwbk.nshealth.ca)

**QC:** France Bouchard | [france.bouchard@ssss.gouv.qc.ca](mailto:france.bouchard@ssss.gouv.qc.ca)

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