



THE SISTER STUDY BREAST CANCER RESEARCH

WOMAN BY WOMAN, SISTER BY SISTER, WE CAN MAKE A DIFFERENCE!

February 2020

Dear Sisters—

To help you keep up with the latest Sister Study news, we plan to send you periodic flyers with our latest updates. You will also find the latest news on our Sister Study website sisterstudy.niehs.nih.gov/English/new.htm and on our Sister Study Facebook group page. **To join our Facebook group**, search for “NIEHS Sister Study” on Facebook, scroll to the right of the top bar, click “Groups”, and ask to join our private group. You may also follow this direct link www.facebook.com/groups/niehsisterstudy. **Thank you for helping our researchers continue to advance breast cancer research!**



Adult Physical Activity and Breast Cancer Risk in Women with a Family History of Breast Cancer

Research has shown that engaging regularly in exercise reduces breast cancer risk generally, but it was not clear whether the benefit would also apply to women with a family history of breast cancer. Our research in the Sister Study, where all women have a family history of breast cancer, showed that being more physically active was associated with a reduction in postmenopausal breast cancer, but not premenopausal breast cancer.

Read more here: <https://www.ncbi.nlm.nih.gov/pubmed/30333218>

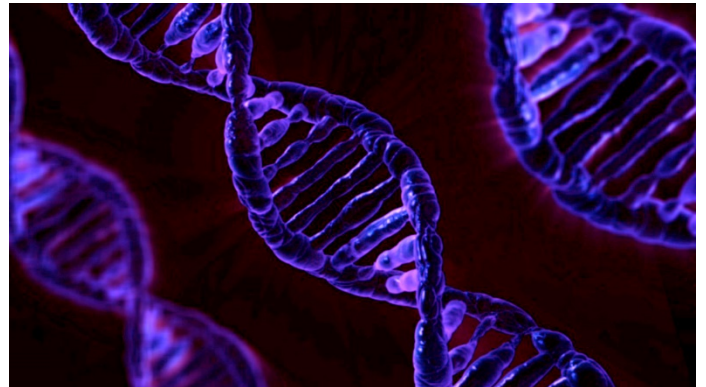
Did you know that the average age of women in the Sister Study is now 67 years of age?

Our youngest Sister participant is just 44 years young and our “wisest” participant is going strong at 89!

Older Biologic Age Linked to Elevated Breast Cancer Risk

Thanks to you our Sister Study participants’ continued dedication to the study, researchers are able to publish important findings such as this one about “if a woman’s biologic age is older than her chronologic age, she has an increased risk of developing breast cancer.”

Read more here: <https://www.nih.gov/news-events/news-releases/older-biologic-age-linked-elevated-breast-cancer-risk>



As always, please contact us at the Sister Study helpdesk toll-free at 877-4SISTER (877-474-7837) or email us at update@sisterstudy.org if you have issues or questions.