



Environmental Influences on Girls' Development During Puberty
 BABCERC
 c/o Zero Breast Cancer
 4340 Redwood Hwy, Suite C400
 San Rafael, CA 94903



Bay Area Breast Cancer and Environment
 Research Center

2nd Annual Town Hall Meeting

Environmental Influences on Girls' Development During Puberty



**Parents, Educators, Researchers,
 Public Health Professionals,
 Breast Cancer and
 Environmental Health Advocates**

Let's Have a Conversation!

**Saturday, March 10, 2007
 9:30 am — 2:00 pm**

**SF State University NEW Downtown Campus
 835 Market Street • San Francisco, CA**

5th Floor

Westfield San Francisco Centre on Market at Powell

This Town Hall is presented by:
 Bay Area Breast Cancer and Environment Research Center
 Community Outreach and Translation Core

Environmental Influences on Girls' Development During Puberty

We know that there has been a trend of puberty occurring at younger ages, and we know early puberty is a risk factor for breast cancer in later years.

Current research has suggested that environmental factors in girls' early years such as being overweight, eating a high-fat diet, being physically inactive, being exposed to estrogen-producing chemicals, and certain psycho-social factors may increase a girl's risk for puberty to occur at earlier ages.



Bay Area Breast Cancer and Environment Research Center

The Bay Area Breast Cancer and Environment Research Center (BABCERC) is one of four national centers funded by NIEHS and NCI to research environmental risks of breast cancer by focusing on mammary gland development during puberty. This nationwide research includes four laboratory studies and three epidemiological studies. Each center has a Community Outreach and Translation Core.

The BABCERC CYGNET epidemiology study is a cohort of 400 young girls from Alameda, Marin, and San Francisco counties who are members of Northern California Kaiser Permanente. The girls were enrolled at 6 - 7 years of age and are being followed longitudinally for five years.

The research findings of the Breast Cancer and Environment Research Centers (BCERC) will advance our understanding of environmental factors that may increase risk of early puberty and future risk of breast cancer.

LET'S LEARN TOGETHER

Share your concerns about your community

Environmental Influences on Girls' Development During Puberty is focused on understanding the different stages of girls' pubertal maturation. It is a Town Hall meeting designed to engage community members in a two-way conversation with researchers.

BABCERC researchers will present current information on secular trends related to early onset of puberty and why early puberty raises the risk of breast cancer later in life.

Question and answer sessions and an interactive panel will provide opportunities to translate research into individual and community action.

WHO SHOULD ATTEND?

This Town Hall meeting is designed to bring together community members, parents or guardians, educators, public health professionals, community-based organizations, breast cancer and environmental health advocates, physicians, and scientists interested in understanding and contributing to research on environmental influences on girls' development during puberty.

The Bay Area Breast Cancer and Environment Research Center (BABCERC) Community Outreach and Translation Core (COTC) is led by Zero Breast Cancer.



Zero Breast Cancer is dedicated to finding the causes of breast cancer through community participation in the research process.



Environmental Influences on Girls' Development During Puberty

PROGRAM

- 8:30 Registration/Sign-in and Continental Breakfast**
- 9:30 Welcome and Opening Remarks**
Janice Marie Barlow
Bay Area Breast Cancer and Environment Research Center (BABCERC) Community Outreach and Translational Core (COTC) Chair; Executive Director, Zero Breast Cancer
- 9:35 The Breast Cancer and Environment Research Centers: A New Approach to Understanding the Effects of the Environment on Cancer**
Robert A. Hiatt, MD, PhD
BABCERC Director; Director of Population Sciences and Deputy Director, UCSF Comprehensive Cancer Center
- 9:40 The Changing Age of Puberty Over Time**
Robert A. Hiatt, MD, PhD
- 10:10 Questions and Answers**
- 10:25 Break**
- 10:35 Introduction – The CYGNET Project**
Robert A. Hiatt, MD, PhD
- 10:40 The Role of Environmental Exposures on Puberty: What We Do and Do Not Know**
Gayle C. Windham, PhD
CYGNET Researcher; Epidemiologist, California Dept of Health Services, Environmental Health
- 11:00 Stress and Puberty: The Mind-Body Connection**
Julianna Deardorff, PhD
CYGNET Researcher; Assistant Professor, UCSF Epidemiology and Biostatistics
- 11:20 Fitness, Fatness, and Food: Effects on Puberty**
Barbara Sternfeld, PhD
CYGNET Researcher; Senior Research Scientist, Division of Research, Kaiser Permanente
- 11:40 Questions and Answers**
- 11:55 Break**

- 12:00 Stretch for Prevention**
Enjoy learning stretching activities and talking with health and exercise personality
Joanie Greggains
Host of TV Exercise Show, *Morning Stretch*, and KGO radio, *The Joanie Greggains Show*
- 12:30 Dine for Prevention**
Enjoy cancer fighting foods
- 1:00 Community Action and Take-Home Tips**
Interactive panel with practical suggestions for parents, health professionals, educators, and breast cancer and environment advocates.
Puberty From a Pediatrician's Point of View
Nadine J. Burke, MD, MPH
Medical Director of Bayview Child Health Center, Director of Pediatric Health Parity Program Physician Foundation at California Pacific Medical Center
- The Healthy Lifestyle Program for Young Children and Teens**
Cindy Zedeck, MA
Program Director, Packard Pediatric Weight Control Program at Stanford
- Breast Cancer and Environment Peer Education Tool Kit**
Susan Schwartz, MPA
Education Coordinator, Zero Breast Cancer
- Environmental Health Advocacy**
Supervisor Michela Alioto-Pier,
San Francisco, District 2
- 2:00 Let's Talk—What do we know? What can we do as individuals and communities?**
- Closing Remarks**



Questions

For questions about the program, registration, or ways that you can get involved, please contact Jo Ann Johnson, BABCERC Community Outreach and Education Coordinator, at (415) 507-1949 or by e-mail at joannj@zerobreastcancer.org.

Directions and Parking
5th Floor
835 Market Street • San Francisco, CA

Public Transportation:

BART and Muni Metro
Exit at Powell Street Station.

Muni Bus
Exit at 5th and Market.

Driving:

From the North:
Take the Golden Gate Bridge to the Lombard exit. Turn right on Van Ness Avenue; left on Eddy to Market Street.

From the East:
Take the Bay Bridge to the Fifth Street/ Downtown exit to Market Street.

From the South:
Take 101 North to the Seventh Street exit. Turn right on Bryant; left on Fifth Street.

Parking:

5th & Mission/Yerba Buena Garage: **833 Mission Street.**

Funding for this Town Hall was provided by grant number ES012801NIEHS from the National Institute of Environmental Health Sciences and the National Cancer Institute, NIH, DHHS.



REGISTRATION

Environmental Influences on Girls' Development During Puberty
Saturday • March 10, 2007

Please register by March 3rd. Space is limited.

Name _____

Address _____

City / State _____ Zip _____

E-mail _____

() _____

(Area code) Phone number _____

I am a (check all that apply):

- Parent Educator Student Community Member
 Government Representative Public Health Professional
 Health Care Provider Environmental Health Advocate
 Researcher Breast Cancer Advocate
 Public Policy Advocate Other _____

Professional Organization _____

Registration Fee: \$10

- I will attend the Town Hall.
 I wish to apply for a waived registration fee.
 Check (payable to Zero Breast Cancer)
 Visa MasterCard

Card number: _____

Expiration Date: ____ / ____

Name on card: _____

Register by:

Phone: 415-507-1949
Fax: 415-507-1645
Email: info@zerobreastcancer.org
Mail: BABCERC, c/o Zero Breast Cancer
4340 Redwood Hwy. Suite C400
San Rafael, CA 94903