



cygnet

A Project of the Bay Area Breast Cancer and the Environment Research Center

CYGNET Taking Flight

Cohort Study of Young Girls' Nutrition, Environment, and Transitions

SUMMER 2006

The CYGNET Study: Part of a National Research Effort

By Lawrence H. Kushi, Sc.D.

WELCOME BACK!

It's been a delight and pleasure meeting each of you throughout the year, and we look forward to seeing you again. To keep you informed of our progress, we currently have 367 girls and their families enrolled in the study and hope to reach our study goal of 400 participants in the next couple of months.

With your enthusiastic participation, we've held CYGNET Study Tea Talks in Oakland and San Rafael, where participants learned about the purpose of the study and its broader implications. CYGNET girls had their own set of activities, which included a mini research project, collage art activities, and a hip hop class. Each girl left with a certificate and her own copy of "The Care and Keeping of You: The Body Book for Girls," published by American Girls.

For participants unable to attend the Tea Talk, the discussion revolved around the normal variations in development of girls and what results in differences in age at onset of puberty and breast development. It also explained the CYGNET Study's relationship with the Bay Area Breast Cancer and the Environment Research Center. After meetings with leaders in the breast cancer advocacy community and scientists at the National Institutes of Health (NIH), it became clear that development of the breast, on a molecular or tissue level and in response to various environmental, lifestyle, or genetic exposures, was not well-understood. Thus, the NIH, through the National Institute of Environmental Health Sciences (NIEHS) and the National Cancer Institute (NCI), funded four Breast Cancer

and the Environment Research Centers (BCERCs). Please see the map on page 4 for center locations and other collaborating institutions.

Each center includes three key components: an animal study; an epidemiologic study, in which girls will be followed over several years to investigate what may influence age at onset of puberty; and a community outreach and translation core, which ensures that research activities in these centers are responsive to community concerns. The CYGNET Study is one of the epidemiologic studies. These Centers are organized to promote interactions among the investigators, the community members, and scientists at NIEHS and NCI. This is truly a cooperative effort, and your role as one of a projected 1,200 participating families nationwide is central to the overall success of this research program.

The importance of the CYGNET study has been recognized by the media. In late March, a photographer from National Geographic

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Division of Research
2000 Broadway St.
Oakland, CA 94612
510-891-3884
510-891-3106, fax

Mother's Corner

Flavoring Your Family's Food with Farmers' Market Fare

By Marissa Brownell

A wonderful way to take advantage of the summer's sunshine and bountiful crops is to buy your produce at a farmers' market. They abound with locally-grown fresh, ripe and high-quality summer fruits and vegetables. When you make a purchase at a farmers' market, you are supporting local food production, encouraging community involvement, improving diet and nutrition, and buying organic produce at reasonable prices. It's also an opportunity for you and your daughter to spend time together, as well as plan meals, discuss food choices, and increase awareness of summer fruits and vegetables. Many farmers' markets offer arts and crafts and live entertainment, making them excellent venues for the whole family.

The Bay Area hosts many farmers' markets during the summer months. Kaiser Permanente itself sponsors 11 farmers' markets throughout the Bay Area. For more information, check SF Gate's list of local resources, www.sfgate.com/eguide/food/farmersmarkets, Pacific Coast Farmers' Market Association, www.pcfma.com, and the National Association of Farmers' Markets, www.farmersmarkets.net.



SAN RAFAEL/MARIN

Marin County Farmers' Market: (415) 457-2266
Thursdays 6pm-9pm, April-September
Fourth & B Streets, San Rafael, CA

San Rafael Civic Center Farmers' Market:
(800) 897-3276
Thursdays and Sundays 8am-1pm, year-round
Highway 101 & San Pedro, San Rafael, CA

SAN FRANCISCO

Kaiser Hospital Farmers' Market: (415) 355-3723
Wednesdays, 10am-2pm, year-round
2425 Geary Blvd.

Alemanys Farmers' Market: (415) 647-2043
Saturdays, 6am-5pm, year-round
100 Alemany Blvd. near Highway 101

Civic Center Farmers' Market: (415) 558-9455
Wednesdays and Sundays, 7am-5pm, year-round
1292 Market St between 7th and 8th Streets

Bayview Hunter's Point Farmers' Market:
(415) 355-3723. Saturdays, 9:30am-1:30pm, end of
May-mid-December. Third & Galvez Streets

EAST BAY

Kaiser Oakland Medical Center Farmers' Market:
(800) 949-3276
Friday, 10am-2pm, year-round
3801 Howe St., Oakland, CA

Berkeley Farmers' Market: (510) 548-3333
Saturdays, 10am-3pm, year-round
Center Street & Martin Luther King Jr. Way, Berkeley, CA
Tuesdays, 2pm-7pm, year-round
Derby Street & Martin Luther King Jr. Way, Berkeley, CA

Grand Lake Farmers' Market: (800) 897-3276
Saturdays, 9am-2pm, year-round
Corner of Grand & Lake Park Avenues, Oakland, CA

Jack London Square Farmers' Market: (800) 949-3276
Sundays, 10am-2pm, year-round
Embarcadero & Broadway, Oakland, CA

Marissa Brownell is a CYGNET Study Research Assistant with a background in health education. She loves to prowl the farmer's markets to discover the latest and freshest foods.

Pull Out Reference Guide

Summer Activities

By Coralie Chan

With summer upon us and the kids out of school, you might be wondering what entertainment options are family-friendly in the Bay Area. While summers in the Bay Area are typically colder than you may want, there's still plenty of sunshine for you to enjoy! A few indoor and outdoor options available for you and your family are:

SAN FRANCISCO

Indoors

The Exploratorium: A hands-on museum of science, art and perception. Check out the shadow box and dissect a cow eye all while learning about wind tunnels and rainbows! www.exploratorium.edu, 3601 Lyon St, San Francisco. (415) 561-0360. Open 10am-5pm, Tuesday-Sunday.

Zeum: An art technology museum in downtown San Francisco. Create your own movie with clay! www.zeum.org, 221 Fourth St, San Francisco. (415) 820-3320. Open 11am-5pm, Wednesday-Sunday.

Randall Museum: A museum with a focus on the animals and foliage that make up the San Francisco Bay Area. After taking in a class or two to make your own magnifier, grab lunch on one of the hiking trails surrounding the museum. www.randallmuseum.org, 199 Museum Way, San Francisco. (415) 554-9600. Open 10am-5pm, Tuesday-Saturday.

SF Art Center in Fort Mason: Spend a day with your child painting and creating fabulous items out of clay! Check out their class schedule at: www.childrensartcenter.org, Fort Mason, Building C, San Francisco. (415) 771-0292. Open everyday from 9am-5pm.



Outdoors

Fort Funston: For a great adventure in the city, check out Fort Funston! Located in the West Portal/Lake Merced area it's the city's very own sand park! Check out the old military relics while bird watching. www.nps.gov/goga/fofu

Golden Gate Promenade: One of the nicest places to bike, scooter, rollerblade and jog in the city! The promenade is located between Fort Point and Aquatic Park in the Marina/Presidio neighborhoods. www.nps.gov/goga

SCRAP: A center for reusable art parts. There are workshops on how to re-use and recycle art parts. 834 Toland Street, San Francisco. (415) 647-1746. Open 9am-5pm, Tuesday-Saturday.

EAST BAY

Indoors

Chabot Space and Science Center: A place to see the stars! Learn about how the earth fits with the rest of the solar system. Check out: www.chabotspace.org, 1000 Skyline Boulevard, Oakland. Open 10am-10pm, Friday & Saturday, 11am-5pm, Sundays.

Lawrence Hall of Sciences: Learn about dinosaurs and insects. On the web at www.lawrencehallofscience.org, Centennial Drive, Berkeley. (510) 642-5132. Open daily 10am-5pm.

The Museum of Children's Art (MOCHA): An art gallery devoted to showcasing art by children. Classes and workshops are also available. Check out www.mocha.org, 538 Ninth St., Oakland. (510) 465-8770. Open 10am-5pm, Tuesday-Friday, 12pm-5pm, Weekends.

Outdoors

Tilden Regional Park: Hiking trails, nature areas, a petting zoo and a carousel—all in one place! Entrances to the park from Wildcat Canyon Road and Grizzly Peak Boulevard in Berkeley. See www.ebparcs.org for more information or call (510) 562-PARK.

The Berkeley Marina: Bring the dogs and your rollerblades to the Berkeley Marina. Located at the foot of University Avenue in Berkeley.

Pull Out Reference Guide

Crown Beach Park: Fly a kite and pack a picnic and spend an afternoon at the beach! Located at Eight Street and Otis Drive in the town of Alameda. See www.ebparks.org for more information or call (510) 562-PARK.

SAN RAFAEL/MARIN

Indoors

Bay Area Discovery Museum: Take in a scavenger hunt at a museum that melds the best of the bay both indoors and out! Check them out at: www.baykidsmuseum.org. Located in East Fort Baker at 557 McReynolds Drive, Sausalito. (415) 339-3900.

Bolinas Lagoon Reserve: Hike around the lagoon and take in the birds and natural plant life. When you're done hiking, check out the education center to learn more about the migration habits of the local birds. Located at 4900 Highway One, Stinson Beach. (415) 868-9244. Open from Mid-March through Mid-July. www.egret.org

Outdoors

Slide Ranch: Come to Slide Ranch to learn more about organic farming and animal care. Located at 2025 Shoreline Highway in Sausalito. (415) 381-6155. www.slideranch.org

Tennessee Valley Trail: From Marin to the Ocean, this is a hike with the best views of the Bay. Located at Tennessee Valley Road in Mill Valley. For more information call (415) 331-1540 or visit www.nps.gov/goga

For more information about any of these activities or to find new ones, please check out: www.gocitykids.com

Coralie Chan is a CYGNET Study Research Assistant who was born and raised in the Bay Area. She enjoys showing people the Bay Area that she loves.



The CYGNET Study: Part of a National Research Effort ... *Continued from page 1*

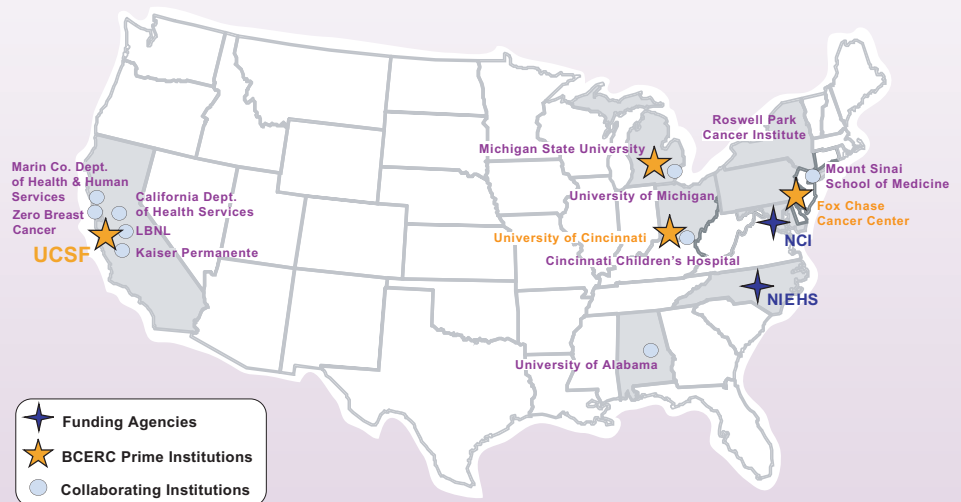
photographed CYGNET study participants to complement an article on chemicals in the environment and how they may influence human health. While we do not know if this study or any photographs will make it into the final article, keep an eye out in one of the fall issues of National Geographic to see if we're mentioned. The CYGNET study will also be featured in the Summer Kaiser Permanente Member News newsletter.

We also want to remind you that for many of you, the Year 2 follow-up visit is just around the corner. As with your initial visit, we will take physical measurements of your daughter and collect blood and urine samples. We would also like to collect the parent's body measurements and update questionnaire information.

We hope you enjoy participating in this study as much as we enjoy working with you. Without you and families like yours, none of this work would be possible.

Lawrence H. Kushi, Sc.D., Associate Director, Division of Research, Kaiser Permanente, is the Principal Investigator of the CYGNET Study. Larry and his colleagues are grateful to the families who contribute so much to this research project, and to the NIH for making these studies possible.

Breast Cancer and the Environment Research Centers



Girl's Group

Butterflies and Blood?

By Louise Greenspan, M.D. and Gayle Windham, Ph.D.

Most of us don't like to have blood tests done because it can be kind of scary to think about the needles. If we've had shots lately, we remember how much our arms hurt later. But having blood drawn is very different from getting a shot, mostly because it hurts less and you probably won't even remember it the next day.



Why do we want your blood?

We want to get samples of your blood (and your urine, or pee, too) because we want to know if there are chemicals in your body that might affect your health. The chemicals might be from the air or water, from your food, or from other things we use all the time. Everyone has some of these chemicals because they are used to make many things, but some

people may have more or less than others. These chemicals may be telling your body to grow up too soon. Without your blood, we won't know how much of these chemicals are in your body. Your doctor might also draw your blood for other reasons, such as to see if you have a certain health problem.

What is it like to have your blood drawn?

First, we put a tight band on your arm so the blood vessels (veins) stick out better. Then we clean your skin and put the needle in gently. The needle is the smallest kind we can use, and we call it a 'butterfly' needle because it has two tiny little plastic handles to hold on to that make it look like it has wings (check it out when you have your blood drawn!). When the needle goes through your skin, it feels like a little prick or pinch. Once it is through your skin, it doesn't usually hurt, but it can be weird to look at a needle in your arm and this can make it feel like it is hurting. And once the needle is out and the bandage is on, it usually doesn't hurt at all.

For most people, the worst part of having your blood taken is thinking about it. Once it is actually happening, it doesn't actually hurt that much. Lots of the girls in our study have already done it!

Louise Greenspan, M.D. is a pediatric endocrinologist and clinician who practices at the Kaiser Permanente San Francisco Medical Center. She is a CYGNET Study co-investigator.

Gayle Windham, Ph.D. is a Research Scientist in the Environmental Health Investigations Branch of the California Department of Health Services, and is a CYGNET Study co-investigator.

Both Louise and Gayle have had their blood drawn many times.

Yoga Pose of the Month!

By Angela Beeck

The Rollercoaster pose helps to increase flexibility and enhances group cooperation skills. It is safe and fun and can be done in a group as small as three and as big as 25!



Three Easy Steps:

1. Sit in a line with your legs spread apart. Stretch your arms up toward the sky. Get ready to take a rollercoaster ride!



2. As the Rollercoaster turns to the left, lean your bodies to the left, stretching out your right side.



3. As the Rollercoaster turns to the right, lean your bodies to the right, stretching out your left side. Have fun and let go!

VARIATIONS:

- Have different kids lead. Bend forwards and backwards.
- Music is a fun addition and helps everyone relax and enjoy the pose even more. I recommend the soundtrack from Amelie.

Angela Beeck is a CYGNET Study Research Assistant. In her other job, she teaches yoga to young children.

WORD FINDER

DID YOU FIND ALL THE HIDDEN WORDS IN OUR LAST NEWSLETTER? Well here they are ... :-)

A	S	Y	P	R	M	M	T	T	Q	A	Z	C
R	Q	V	W	E	B	N	L	U	H	E	D	N
C	Z	G	S	O	A	D	S	T	V	Q	X	K
S	B	G	L	C	I	R	E	A	D	I	N	G
A	O	H	J	Y	R	O	A	H	A	F	H	N
S	E	C	Z	G	E	J	H	U	N	O	E	U
W	G	F	C	N	S	I	O	Y	C	S	T	O
Q	R	J	K	E	O	H	U	T	E	I	A	L
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D	E	H	M	O	E	N	O	R	I	G	O	I
F	N	T	V	L	P	Y	A	S	D	A	C	T
U	G	R	L	C	T	H	T	V	K	N	O	I
F	E	A	T	D	V	E	D	H	A	L	H	P
C	B	E	R	O	P	I	G	O	J	E	C	S
V	N	A	D	S	I	G	R	O	W	T	H	O

BALLET
GREEN

DANCE
PEAR

CHOCOLATE
READING

CYGNET
STEPS

SOCCER
GROWTH