



For more information
about the study:

TOLL FREE:
1-877-ASK-RPCI
(1-877-275-7724)

When you call, please mention
the flaxseed study for
high-risk women.



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A National Cancer Institute-Designated Comprehensive Cancer Center
A National Comprehensive Cancer Network Member

THE EFFECT OF FLAXSEED ON MARKERS OF BREAST CANCER RISK

*A research study at
Roswell Park Cancer Institute to
understand how diet may affect
markers of breast cancer*





Make a difference by contributing to our understanding of breast cancer

If you have a higher-than-average risk of developing breast cancer—but don't already have cancer—you may be concerned about the possible side effects of cancer-prevention drugs. Researchers at Roswell Park Cancer Institute are conducting a study to find out whether flaxseed, a natural food, could have potential to be a safe and effective alternative for preventing breast cancer in healthy women like you.

Confidential

All information you provide will be kept strictly confidential as required by law.

How can you help—and what to expect after you enroll on the study

Your participation in the study will provide important clinical information about the potential of different foods for preventing breast cancer.

The study will last 6 months. If you agree to participate, you will be asked to:

- Undergo a procedure called RPFNA, which uses a fine needle to obtain breast cells. If the results of the RPFNA show that you are eligible for the study, you will randomly be assigned to one of two groups:

Group 1 will consume 25 grams of ground flaxseed each day for six months.



Group 2 will maintain a normal diet.

- Come to the clinic at Roswell Park for assessments four times during the study—at the initial visit, and at one, three and six months.
- Donate a small amount of blood and collect an overnight urine sample at the start of the study, and at one month, three months and six months.
- Complete a menstrual symptom diary and write down how much flaxseed you consume.
- Undergo RPFNA again after six months to see if the flaxseed changed specific elements in your breast cells that affect breast cancer risk.