Cancer Prevention: A Study of Flaxseed’s Effect on Cell Growth

The purpose of this study is to determine if a natural compound derived from flaxseed (SDG) can reduce breast cell growth in premenopausal women. In particular, we are studying women who are at increased risk for breast cancer. Increased risk for breast cancer can be for a variety of reasons such as family history of breast cancer, a previous benign breast biopsy, or dense breasts by mammography. Flaxseed was chosen because early studies showed that flaxseed (SDG) had few or no side effects, but favorably affected these markers for breast cancer.

If you, a friend, or a family member wish to participate in this study please contact the study coordinator below. There will be a small compensation for your participation.

Eligibility Criteria:

- Participants must be pre-menopausal and between the ages of 21-49.
- Participants must be at increased risk for developing breast cancer according to certain criteria. This will be discussed with the physician.
- Participants must not have had a breast cancer diagnosis in the past 5 years and cannot currently have another type of cancer.

Study Involvement:

- Participants will be randomly assigned active flaxseed (SDG) or placebo to be taken for 12 months. Participants will have twice the chance of being assigned active flaxseed.
- Participation will include a total of 3-4 clinic visits over the course of the year. There will be two visits at the start, one at 6 months, and one at 12 months. These visits can be coordinated with existing appointments.
- The first and last research visit will include a sampling (not biopsy) of breast cells. Please see enclosed information sheet on the aspiration (RPFNA).

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