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## NEWSLETTER ISSUE #9

Mar - May 2024

Dear Subscriber,

We are excited to invite you to catch up on our latest news. This issue focuses on radon and includes updates from a recent meeting our team attended. From valuable information and updates to the interactive activity, there is something for everyone in your family to enjoy.

Additionally, don't miss out on the opportunity to watch our recent webinar about radon. Gain valuable insights from a Minnesota Department of Health expert and learn how to reduce your exposure. Afterward, take a moment to unwind and recharge with our word search activity.



Please remember, if you have additional family members who would like to join the study, please email us at [tenkfs@umn.edu](mailto:tenkfs@umn.edu)!

### Content:

1. **Feature section** - Should you test for radon?
2. **10KFS update** - Understanding environmental exposures and cancer risk.
3. **Interactive activity** - 10KFS word search
4. **Recent event** - Learn about radon

## 1) Featured section

### Should you test for radon?

Working on securing your family's health:  
essential radon testing



This winter, we are inviting participants in our study to measure the radon levels in their home at no cost in order to understand and reduce the exposure to this hazardous gas!

Click on [radon](#) to learn more about this risk!

## 2) 10KFS Update



### Understanding environmental exposures and cancer risks

#### News from the National Cancer Institute annual meeting

The 10,000 Families Study just secured additional funding to keep studying cancer risks posed by environmental exposures like radon and PFAS in Minnesota. We attended a meeting at the National Cancer Institute (NCI) on November 1st and 2nd in Washington, D.C. with researchers from other studies measuring environmental exposures and cancer risk. Experts from all studies came together to share updates on their groundbreaking programs and to engage in brainstorming to identify new ways to join forces for the greater good of all our communities.

Click on [CEECR](#) to learn more about this exciting chance to make a difference!

## 3) Interactive activity

### 10KFS word search

Ready to solve it?



Whether you are a word aficionado or just looking for a moment of relaxation, this activity is perfect for everyone. Grab a cozy spot, your favorite beverage, and get ready to dive into a world of words!

Access our [10KFS Word Search](#).

We will share the answers in our next newsletter.

**Solution to our past activity**  
(Newsletter #8):  
[Crossword puzzle answer key](#)

## 4) Recent event

Learn about **RADON**  
*Are you at risk?*



**ASL INTERPRETATION**



**Marc Katz** MPH expert on radon from the Indoor Air Unit of the Minnesota Department of Health, will share important information about radon, testing, and mitigation.



**10k FAMILIES STUDY** **mi DEPARTMENT OF HEALTH** **M**

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This email was sent to all RECIPIENTS by 10,000 Families Study, 1300 2nd St S, Suite #300, Minneapolis, MN, 55454, USA. The University of Minnesota is an equal opportunity educator and employer.

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