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NEWSLETTER ISSUE #11

Aug — Oct 2025

Dear subscriber,

We continue working to understand why people develop chronic diseases by examining family history, environmental exposures, and lifestyle factors. In particular, we are focused on exploring potential connections between exposure to radon, forever chemicals, pesticides, and the development of leukemia and lymphoma (blood cancers).



But we are not alone in this important work; researchers across the nation are also dedicated to uncovering the causes of cancer and improving the lives of future generations. This past year, we had the opportunity to meet with other researchers funded by the National Cancer Institute to study environmental exposures and cancer risk at our annual meeting. Learn more about this year's meeting, including a list of presenters and ideas for collaboration and data sharing. Read more in [News from the CEECR 2024 Annual Meeting](#).

We are also excited to introduce some new faces to the 10KFS team. Please join us in welcoming Angelica and Vanika to our family! Get to know them better in [Meet the newest faces of 10KFS!](#)

And finally, we invite you to add a little fun to your next meal by trying out this tasty recipe: [Bananas with Caramel Sauce](#). It's sure to be a hit with everyone! We look forward to hearing your comments and thoughts on this delicious treat.

For new participant families: If you would like to join the study, please complete the eligibility survey here: z.umn.edu/10KFS-newsletter.

For questions, concerns or feedback please contact us at: tenkfs@umn.edu.

Newsletter content:

1. **Feature section** - [News from the CEECR 2024 Annual Meeting](#).

2. **10KFS updates** - Let's give a warm welcome to Angelica and Vanika!
3. **Interactive activity** - Bananas with Caramel Sauce.

1) Featured section

Environmental Exposures and Cancer Risk



News from the CEECR 2024 Annual Meeting

The 10,000 Families Study is looking at how environmental exposures like radon and PFAS may affect cancer risk in Minnesota. This fall, we joined the annual CEECR meeting in Raleigh/Durham, NC, where we connected with researchers from across the country working on similar topics.

Click on [News from the CEECR 2024 Annual Meeting](#) to learn more about this very important gathering!

2) 10KFS updates



Let's give a warm welcome to Angelica and Vanika!

Meet the Newest Faces of 10KFS!

We had the opportunity to interview these remarkable women to dive deeper into their experiences, passions, and new roles. Get ready to meet two extraordinary women. Angelica Trevino Orozco, a medical doctor from Mexico, brings her roots in medicine and research, while Vanika Chary offers expertise in research and experience in airline, insurance, and banking sectors.

Click on [Meet the Newest Faces of 10KFS!](#) to read the full interview!

3) Interactive activity

Bananas with Caramel Sauce

Recipe



👉 This recipe is a simple and delicious way to sweeten your day. It is easy to make and combines ripe bananas with a rich, homemade caramel sauce 🍮 to create a delightful dish that's perfect for any occasion. Best of all, this tasty dessert comes together in just minutes ⌚ !

Recipe: [Bananas with Caramel Sauce](#)



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