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PFAS webinar, the search of cancer causes and fighting toxicities in care.

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## NEWSLETTER ISSUE #8

Aug - Oct 2023

Dear ,  
The 10,000 Families Study team continues to work towards improving the health of future generations. In this newsletter we bring you information about research on cancer care toxicities and share an interview with one of our team investigators about her cancer research.

Our study team is working hard to provide educational opportunities for everyone. We invite you to join us for our upcoming webinar on PFAS, and to visit our [Youtube channel](#) to watch past educational events.



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

Updates

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### Content:

1. [Feature section](#) - The hidden toxicity of cancer care
2. [Investigator profile](#) - Finding the cancer culprit
3. [Interactive activity](#) - 10KFS' crossword puzzle: families!
4. [Upcoming event](#) - Your 10KFS PFAS Primer

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## 1) Featured section

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### **The hidden toxicity of cancer care**

**Reducing the unseen burdens faced by cancer patients**



University of Minnesota researcher [Arjun Gupta](#) is aiming to reduce the time and financial burdens people with cancer face that go beyond the physical effects of the cancer itself.

Click on [hidden toxicities](#) to learn more, including how you can help fight this pressing quality of life and care issue.

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## 2) 10KFS Investigator Lisa Peterson

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### **Finding the cancer culprit**

**Researching the links between chemical exposures and cancers**

University of Minnesota researcher [Lisa Peterson](#) is studying the harmful substances like tobacco and how they may lead to cancer.

Click on [cancer culprit](#) to read the full article about this health exploration.

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## 3) Interactive activity

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# 10KFS crossword puzzle

ready to solve it?



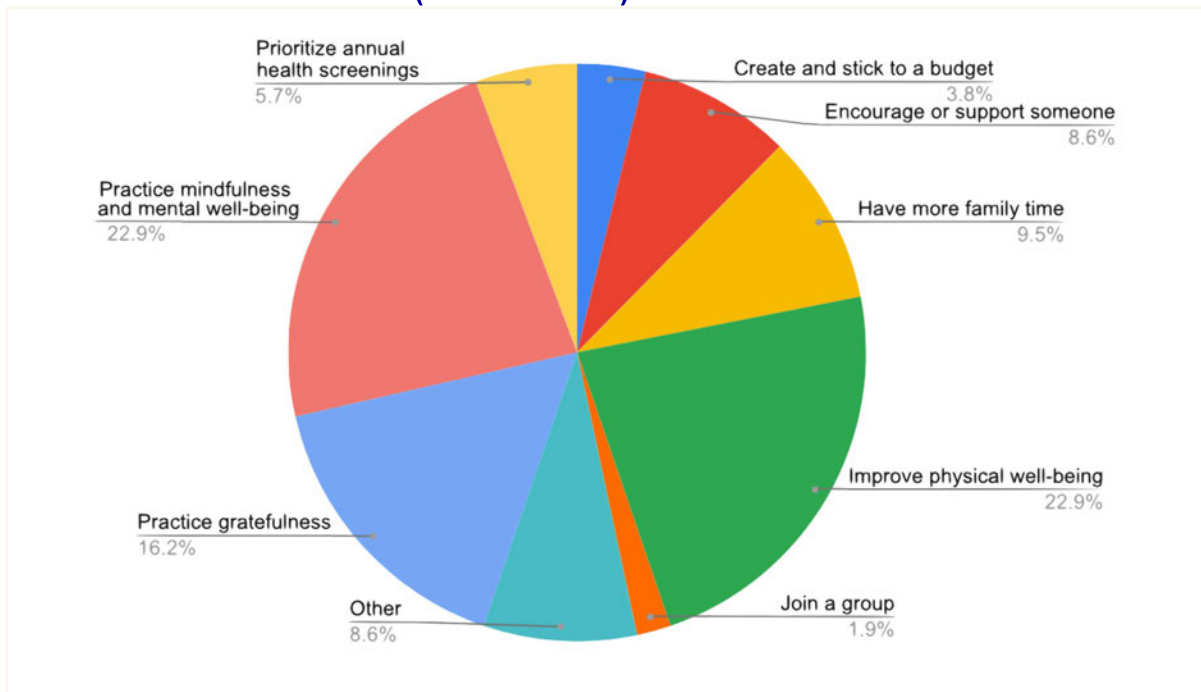
We invite you to take a few minutes of your day to stimulate your brain and release some stress doing this crossword puzzle focused on families!

Please click here to access our [10KFS crossword puzzle!](#)

We will share the answers in our next newsletter.

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## Results from our last activity (Newsletter #7): Resolutions



The most meaningful response:  
"Spend time and effort to spiritual growth"  
**Thanks to all participants.**

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## 4) Upcoming event

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# YOUR 10KFS PFAS PRIMER

About PFAS, your health and more!

**10KFS**  
**Interviewer**



Lisa Peterson  
Ph.D.

**Tuesday, July 25th**  
4:00 - 5:00 PM  
Central time

Click to watch

[z.umn.edu/10KFS-PFAS](https://z.umn.edu/10KFS-PFAS)

**MDH**  
**Expert guest**



Sarah Fossen-Johnson

***What are PFAS?** PFAS, short for per- and polyfluoroalkyl substances, are widely used, man-made chemicals that take a long time to break down and are used in hundreds of products.*



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