



The RUBY Study is a national network of 62 researchers and clinicians at 44 institutions and clinics across Canada, with the common goal of studying breast cancer in young women.

Participating Sites across Canada

Yukon - Whitehorse

British Columbia - Victoria, Vancouver, Kelowna, Prince George

Alberta - Calgary, Edmonton, Lethbridge

Saskatchewan - Saskatoon

Manitoba - Winnipeg

Ontario - Toronto, Mississauga, London, Hamilton, Kingston, Ottawa, Barrie

Quebec - Montreal, Quebec City

Eastern Canada - Halifax, Moncton, St. John's

For a complete list of current participating surgeons and hospitals, please visit:

www.womensresearch.ca/ruby-study/participating-sites

This program is led by:

Drs. Steven Narod & May Lynn Quan

The sub-study projects are led by:

Dr. Nancy Baxter (Treatment delay)

Dr. Christine M. Friedenreich (Lifestyle)

Dr. Kelly Metcalfe (Genetics)

Dr. Ellen Warner (Fertility)

Need more information?

For more information about this study and how your participation can help, please visit our website:

www.womensresearch.ca/ruby-study

Or contact us directly:

ruby.study@wchospital.ca

Kristin 416-864-6060 ext. 7875

Susan 403-944-3649

We're also on social media:



@wecanruby



www.facebook.com/wecanruby

Acknowledgements:

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UNIVERSITY OF CALGARY

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reducing the burden of breast cancer in young women



www.womensresearch.ca/ruby-study

About RUBY

If you live in Canada, are 18-40 years old, and have just been diagnosed with breast cancer, the RUBY study needs your help. Through this important Canadian study of 1,200 women like you, our objective is to better understand breast cancer **specifically in young women**.

RUBY is currently looking at the contribution of genetic mutations in young onset breast cancer, the influence of diet & exercise on cancer outcomes and the impact of your treatments on fertility. We are also interested in your personal experience through your cancer journey so we can improve support for young women.

As a RUBY participant, in addition to providing valuable information that will help others like you in the future, you will be offered:

- Genetic testing using a panel of 23 cancer causing genes in addition to *BRCA1* and *BRCA2*
- A personalized diet and nutrition report with detailed information on your average intake of recommended levels of vitamins and minerals.
- Access to the RUBY website containing information and resources tailored specifically for young women with breast cancer. **COMING SOON**

Why participate?

The RUBY investigators are creating a valuable resource of important clinical and treatment information, tumour specimens and blood samples - a legacy resource of information for researchers now and in the future specifically on young onset breast cancer. Our goal is to improve all aspects of care from diagnosis to survivorship and ultimately, treatment outcomes.

What's involved?

If you agree to participate, we are asking you to:

- Complete online questionnaires at various time points during the 3 years. Links are sent directly to your email to be done at your convenience.
- Provide a blood sample at the time of enrollment and at years 1 and 3 after your diagnosis.
- Give us permission to obtain a portion of your tumour collected during your regular surgery for banking.
- Agree to be contacted in the future about other research studies that you may be eligible for.

If you decide to participate, we will ensure your privacy is protected and confidentiality will be strictly observed.



The RUBY investigators are also a group of dedicated medical professionals who are listening to you. We want to know about your experience during your cancer journey, so we can work to improve how care is delivered across Canada.

Speak with your surgeon about how you can get enrolled in RUBY today!

IF WE WORK TOGETHER, WE CAN IMPROVE
**SUPPORT, TREATMENT
AND OUTCOMES**

FOR YOUNG WOMEN WITH BREAST CANCER

