



CASCADE

Dear All,

We are pleased to send you the 8th annual CASCADE newsletter. We hope that this yearly update finds you in good health.

We sincerely **thank you** for your ongoing support to the CASCADE study. We welcome participants who newly enrolled in the study during the past year, and we sincerely thank those who have completed the first or second follow-up questionnaires in 2025. We are currently working on the third follow-up questionnaire, which may arrive as early as 2026!

The sixth **annual lottery** will take place in January 2026. One lucky CASCADE participant will win a 300 CHF gift card. The winning participant's canton will be announced on the "News" section of our website (swisscascade.ch) and in the next newsletter. In 2025, the lucky participant was from Basel-Stadt.

With gratitude for your continued participation,

Prof. Dr. Maria Katapodi & the CASCADE study team

You may contact us at swisscascade-nursing@unibas.ch

We thank the following clinical sites for their support of the CASCADE study:



UPDATE ON THE CASCADE STUDY



We continue our recruitment of new participants in the cantons of Basel-Stadt, Bern, Geneva, Jura, Ticino, Fribourg and Zürich. In 2026, we hope to expand our recruitment to the cantons of Luzern, Solothurn, Valais and Vaud. Recruiting participants from different regions and different types of healthcare facilities helps us to reach conclusions that apply to more people in Switzerland.



A total of **770** individuals from **561** families have enrolled in the CASCADE study since 2017. We include **427** families concerned with hereditary breast and ovarian cancer (HBOC) and **134** families concerned with Lynch Syndrome.

Currently, **399** individuals have completed the 1st follow-up questionnaire and **240** individuals have completed the 2nd follow-up questionnaire. **Thank you for making this possible!**

SUCCESSFUL WORKSHOP ON MAY 17th 2025

On **17 May 2025**, the CASCADE team welcomed **109** participants from **17** cantons to the **first national workshop** for families affected by a genetic predisposition to cancer.

The event was hosted at the **Paul Klee Center in Bern** and was supported with funding from the Swiss National Science Foundation. **Thank you to all who participated and made the workshop a success!**



In the morning sessions, there were expert presentations about immunotherapy, follow-up care and risk management, and how digital tools can use patient data in responsible ways.



In the afternoon, participants were divided into 8 discussion groups and shared their experiences and ideas. Major topics included how to improve sharing of genetic testing results, providing long-term coordination of medical care, and the importance of a support network. **We will use what we learned from this workshop to guide our future aims!**

Long-term information about your health is very important for the study.
Please inform us if your mailing address or email address have changed!
Contact us at swisscascade-nursing@unibas.ch or by calling 061 207 04 30.

★ NEW CASCADE TEAM MEMBERS ★

We are happy to welcome five new members to the CASCADE study team:



Dr. med. Saskia Schlootz is working as a Senior Physician in the Department of Medical Oncology at Inselspital in Bern. Dr. Schlootz will support the CASCADE study as a new co-investigator.

We sincerely thank **Dr. med. Manuela Rabaglio**, who served as the CASCADE co-investigator at Inselspital since the beginning. **We wish her all the best for her retirement and we will continue to seek her valuable advice!**

Dr. Bardha Citaku Qerimi earned a medical degree from the University of Prishtina in Kosovo. She is a PhD student with the CASCADE study.



Dr. med. Sarah Glick earned a Doctor of Medicine from Cornell University and a Master's in Public Health from George Washington University (USA). Sarah is a scientific collaborator with the CASCADE study.

Ms. Jacinthe Gagnon earned a Master in Genetic Counseling and a Master of Science in Pharmacology from the University of Montreal in Canada. She supports recruitment for the CASCADE study.



Mr. Cooper Hartmann is pursuing a master's in psychology and neuroscience at the University of Basel. He supports research activities for the CASCADE study.

- ➔ About half of individuals invited to the CASCADE study decide to participate
- ➔ For each person, there are approximately 10 relatives at-risk for having the same genetic predisposition to cancer
- ➔ Two out of three participants invite at least 1 relative to the study

Thank you for sharing information about the CASCADE study with your families!

NEW PUBLICATIONS:




Caiata-Zufferey M, Schweighoffer R, Aceti M, Pedrazzani C, Katapodi MC, Aissaoui S, Alemu M, Aykut M, Brugnoletti F, Bunger R, Bürki N. Navigating complex choices through legitimization: Narrative strategies in risk-reduction mastectomy decision-making among unaffected women with genetic risk for breast cancer in Switzerland. *SSM-Qualitative Research in Health*. 2025 Jun; 7:100522.

Park SY, Kim Y, Katapodi MC, Chun HJ, Ahn D, An M, Jung SY. Challenges in Decision-Making for Contralateral Prophylactic Mastectomy in Korea: A Qualitative Study of Perspectives of Patients with Hereditary Breast Cancer and Providers. *Psycho-Oncology*. 2025 Sep;34(9): e70266.

Park SY, Kim Y, Katapodi MC, Kim YJ, Chae H, Choi YJ, Ryu KH, Lee EG, Kong SY, Jung SY. Healthcare Professionals' Learning Needs and Perspectives on Essential Information in Genetic Cancer Care: A Systematic Review. *Cancers*. 2024 May;16(11):1963.

Park SY, Kim Y, Katapodi MC, Kim YJ, Chae H, Choi YJ, Ryu KH, Lee EG, Kong SY, Jung SY. Outcomes and effectiveness of decision aids for families affected by hereditary cancer syndromes: A scoping review. *Genetics in Medicine*. 2025 Jul;27(7): 101424.

CONFERENCE PRESENTATIONS:

 <p>ANNUAL MEETING 2025 BOSTON, MA • OCTOBER 14-18</p>	<p><i>Cancer risk management and surveillance in HBOC and Lynch syndrome: Findings from the Swiss, Korean, and Israeli CASCADE cohorts.</i></p> <p>Poster presented by: Bardha Citaku Qerimi, Oct 2025, American Society of Human Genetics (ASHG), Boston, USA</p>
 <p>ISONG INTERNATIONAL SOCIETY OF NURSES IN GENETICS</p>	<p><i>Cancer risk management and surveillance in HBOC and Lynch syndrome: Findings from the Swiss, Korean, and Israeli CASCADE cohorts.</i></p> <p>Podium presentation by: Maria Katapodi, Nov 2025, International Society of Nurses in Genetics (ISONG), Montreal, Canada</p>
 <p>SWISS ONCOLOGY & HEMATOLOGY CONGRESS</p>	<p><i>Cancer surveillance and risk reduction in carriers of pathogenic / likely pathogenic variants associated with HBOC or Lynch syndrome: Findings from the Swiss, Korean, and Israeli CASCADE cohort.</i></p> <p>Podium presentation by: Bardha Citaku Qerimi, Nov 2025, Swiss Oncology & Hematology Congress (SOHC), Basel, Switzerland</p>

We thank the following organizations for their support of the CASCADE study: