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American Cancer Society®

CPS-3 Newsletter

Spring 2010

Cancer Prevention Study-3

"If participating in this study could mean that even just one person could be spared a cancer diagnosis, it would be the most important and meaningful action to fight cancer."

– Study volunteer

Your participation in the American Cancer Society's Cancer Prevention Study-3 (CPS-3) will help save lives. Progress in research would not be possible without the thousands of individuals like you who have made the commitment to be a part of CPS-3. We do not take that commitment lightly, and we are so appreciative of your involvement.

Like you, the Society knows that there are people in your life who want nothing more than to have cancer become a thing of the past. We are asking for your help in spreading the word about CPS-3 to others who would be just as committed to the study as you. There are more than 130 enrollment sites scheduled for 2010 in communities throughout the country. You can be instrumental in the success of these enrollments by encouraging friends, family members, coworkers, and neighbors who share in your desire to fight back to become involved in CPS-3.

The Society has a CPS-3 template invitation that you can customize and send (or email) to family and friends to help spread the word about the study. To access this invitation, simply go to cancer.org/cps3 and click on the "Contact Us" section. You will see a link under "Promotion" that will take you to this document.

CPS-3 is a grassroots effort! We rely heavily on local volunteers to mobilize communities for enrollment, and know that the best advocates for CPS-3 are those presently enrolled themselves – like you! By letting people know about enrollment opportunities, you enable the Society to achieve our overall goals: to better understand cancer causes and prevention, and ultimately end cancer as a major health concern.

We will continue to update our Web site with additional information about enrollment opportunities. Please check back on cancer.org/cps3 often!

Together, we can save lives and create a world with less cancer and more birthdays.

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CPS-I Participant Shares Her Story

Ninety-one-year-old Mary Kochel recalls sitting in cancer committee meetings 50 years ago where committee members would "sit around a pretty table and smoke cigarettes." It was back in 1959 that Mary and approximately one million others signed up as participants with the American Cancer Society's Cancer Prevention Study-I (CPS-I).

CPS-I was instrumental in clarifying the link between cigarette smoking and lung cancer, and researchers have published more than 100 scientific articles using data from the study on a wide variety of topics. Mary and those one million other study participants took part in CPS-I when cancer was not a word people were even comfortable mentioning.

When Mary, who is now a cancer survivor, heard about CPS-3, she contacted her local American Cancer Society office to share her story and experience about CPS-I.

You can listen to Mary's story and find out why she feels such studies are important by going to SharingHope.tv and entering "CPS" into the search menu.

Study Identifies Role of Hormone Replacement Use on Breast Cancer Risk

Using data from Cancer Prevention Study-II (CPS-II), a recent American Cancer Society study confirmed that postmenopausal hormone use increases a woman's risk for ductal and lobular breast cancer.

The study, which appeared in the journal *Cancer*, an American Cancer Society peer-reviewed journal, confirmed that using estrogen and progesterone together increases the risk of two types of breast cancer far more than the use of estrogen alone. However, the study suggested that after two years of stopping the use of estrogen/progesterone therapy, the increased risk for breast cancer drops substantially.

Previous studies have shown that hormone replacement therapy after menopause increases the risk of breast cancer and that the use of estrogen and progesterone together is more harmful for a woman's breast health than the use of estrogen alone. To investigate the association in more detail, American Cancer Society epidemiologists led by Eugenia E. Calle, PhD, did a study of 68,369 postmenopausal women who were cancer-free when the study began in 1992.

The study examined the use of estrogen alone, as well as the use of both estrogen and progesterone, in women who were currently using the hormones and those who had used them in the past.

Calle and her colleagues found that a woman's breast cancer risk increases significantly two years after beginning hormone use. However, the data showed no increased risk for women who used estrogen and progesterone for less than two years.

In addition, the study found that women who used estrogen and progesterone together could double their risk of lobular breast cancer after three years of use and double their risk of ductal breast cancer within 10 years of use. Women who used estrogen alone did not tend to show an increased risk of ductal breast cancer, even after 20 years of use, but did tend to show a 50 percent increase in risk of lobular cancer after 10 years of use.

This study not only confirms the link that had been previously shown between postmenopausal hormone use and breast cancer, but also indicates that an elevation in breast cancer risk isn't found until at least two years of use of estrogen/progesterone therapy. However, women should still weigh the pros and cons with their doctor before making a choice about postmenopausal hormone use.

Watch Your Waist to Reduce Colon Cancer Risk

Watching your waist size may be key in reducing your risk for colon cancer, according to a new study conducted within Cancer Prevention Study-II (CPS-II).

The study, which analyzed 95,000 men and women from CPS-II, showed that people with large waist sizes were more likely to develop colorectal cancer – commonly called colon cancer. People with a high body mass index (BMI) – a ratio of height to weight – also showed an increased risk for colon cancer in the study. However, in comparing the two measures, "belly fat" – fat centered around the abdomen – may be a better indicator of a person's risk for colon cancer than BMI, according to the study.

A high BMI has long been known to be a risk factor for colon cancer, but the CPS-II study is one of several that has recently suggested that maintaining a healthy waist size may be even more important in reducing colon cancer risk.

The study, led by American Cancer Society researchers Yiting Wang, PhD, and Eric Jacobs, PhD, was published in the September 2008 issue of *Cancer Causes & Control*.

The bottom line? Focus on simple ways to stay well, and you can reduce your waist size and your risk for many types of cancer, along with diabetes and heart disease. The American Cancer Society recommends that you:

- Maintain a healthy weight: Avoid excessive weight gain throughout life, and if you're not at an ideal weight, make a plan to get there.
- Get active: Adults should get at least 30 minutes (more is better) of physical activity on five or more days per week. Whether it's dancing lessons or a simple walk around the block, finding time for fitness can reap big rewards.
- Eat right: Think green: Eat five or more servings of vegetables and fruits each day. Choose whole grains, and limit the amount of red and processed meats you eat, as well as the amount of alcohol you drink.
- Avoid tobacco: Make a plan to quit if you smoke. If you don't smoke, don't start.

To learn more about how you can stay well and reduce your risk of cancer, visit cancer.org/greatamericans.

Common Questions from CPS-3 Participants

I have been diagnosed with cancer. Do you still want me to fill out the baseline or follow-up surveys?

Yes! You are still a participant in the study. Completion of the baseline survey and any of the follow-up surveys is an integral part of your participation in CPS-3, and every survey is of great importance to us. Taking the time – when you are able – to fill these out is extremely helpful to us. Your response on these surveys will let us know that your status has changed. If you report a cancer case to us, we may ask your permission to contact your doctor to obtain additional information about your diagnosis. Your continued participation in the study will also enable us to better understand the keys to long-term survival.

Remember, whether it's the middle of the day or the middle of the night, the American Cancer Society is in your corner around the clock to guide you through every step of your cancer experience. Our trained Cancer Information Specialists can put you in touch with local resources and support, or provide you with information 24 hours a day, seven days a week. Contact us at cancer.org or 1-800-227-2345.

I am not certain you received my completed baseline survey. How can I check?

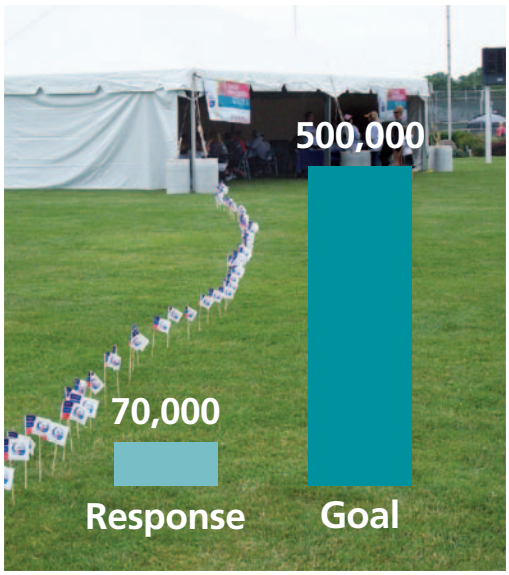
We'd be happy to confirm that we received your completed baseline survey. Please call us toll free at 1-888-604-5888 or email us at cps3@cancer.org with your full legal name and date of birth, and we can confirm that we've received your completed survey. Completion of the baseline ensures that you are fully enrolled in the study. Without this completed survey, we will be severely limited in our research efforts.

I would like to get involved with future enrollment opportunities in my community and help spread the word. Is there someone I can contact?

Your help and support in telling those you know about CPS-3 will make a difference in the fight against cancer, and we welcome your involvement! Contact us toll free at 1-888-604-5888 or via email at cps3@cancer.org. We will put you in touch with those in your local areas who are leading CPS-3 enrollment, or we can provide you with electronic messaging for you to share this opportunity with others throughout the country.

Enrollment Update

To date, we have enrolled approximately 70,000 individuals into CPS-3, with our overall goal of enrolling 500,000 participants. We have more than 130 Relay For Life sites, representing 27 states, selected for enrollment this year. Since CPS-3 has been enthusiastically received by Relay participants, we are now looking to further expand our outreach within select communities across the country. Among the other enrollment venues we are evaluating are some local area American Cancer Society offices and Society corporate partner worksites. We conducted pilot enrollments in late 2009 at the American Cancer Society Indianapolis Area Service Center and at the Quest Diagnostics Dallas Business Unit to test the feasibility of expansion to these venues, and found that both successfully broadened our recruitment efforts. Therefore, we are currently planning wider-scale implementation through these kinds of venues beginning later this year.



Contact Information

For CPS-3 information, call 1-888-604-5888 or email cps3@cancer.org.

For cancer information and resources 24 hours a day, seven days a week, call 1-800-227-2345 or visit our Web site at cancer.org.

Get Ready for the 2010 Survey

The 2010 CPS-3 follow-up survey will be mailed toward the end of this year.

By responding to this brief survey, you are providing researchers the tools they need to better understand cancer and its impact on communities throughout the US, and you are helping the American Cancer Society save lives. Every response to the survey makes a difference, and we hope you will continue to do your part by responding promptly. The more information the American Cancer Society researchers can collect, the stronger and more precise our findings from CPS-3 will be.

Thank you for your extraordinary commitment to CPS-3. You are making a significant and meaningful contribution to the fight against cancer, and we thank you in advance for taking the time to complete the survey that you will receive later this year. Together, we are creating a world with less cancer and more birthdays.

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