



CPS-3 Newsletter

Spring 2012

Cancer Prevention Study-3

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Letter from the Principal Investigator

Dear Cancer Prevention Study-3 Participant,

Thank you for your commitment to saving lives from cancer through your participation in the American Cancer Society Cancer Prevention Study-3. This study has the potential to change the face of cancer for future generations in large part due to your willingness to share your time and information with our Epidemiology Research Program. You are part of an amazing group of approximately 120,000 volunteer participants who are making a world with less cancer and more birthdays a reality.

CPS-3 enrollment will continue across the country in 34 states, the District of Columbia, and Puerto Rico until recruitment comes to a close in December 2013. Please continue to tell your friends, family, coworkers and anyone else you know about this

historic opportunity to be on the front lines of the fight against cancer!

Also be sure to visit cancer.org/cps3 or “like” us at facebook.com/supportcps3, where

you can read stories from amazing volunteers like you and see how we are making news and history in communities across the country.

Thank you again for your ongoing commitment to CPS-3!

Sincerely, Alpa V. Patel, PhD



CPS-3 Volunteer Story: Mardi McDaniel

Mardi McDaniel is among the thousands of American Cancer Society volunteers in communities across the country trained as a CPS-3 research volunteer. In this role, she serves as an extension of the Epidemiology Research Program staff in her local community by helping to enroll people in the study at her local Relay For Life[®] event. Mardi's dedication is unparalleled because she's served as a CPS-3 volunteer chair at Relay For Life[®] events in Florida five times!

When asked what motivated her to serve as a volunteer chair for the study, Mardi said, "With cancer, research can make all the difference. Being able to be a part of something that educates us all and helps us to understand and make a difference in prevention is amazing. Having chaired CPS-3 now for the fifth time, I am always moved by the participants

who share their personal story as to why they want to participate. From the loss of family or friends, to the hope that their children will never hear the words 'you have cancer,' these people understand that research is the bottom line in finding the answers we need."

For Mardi, being involved in CPS-3 is not only about being on the front lines of research, but she is personally motivated, too. "I have two grandchildren, ages 4 and 1," she said. "I never want them to hear those dreaded words. I am one of millions of grandparents who never want their grandkids to hear those words. This is something I can do to help make that come true. We all can help make that come true. The power of each one of us makes it an exponential impact on cancer research."

To Mardi and our many other CPS-3 enrollment volunteers and study participants, thank you for everything you're doing to help create a world with less cancer and more birthdays.

Lending Their Voice to CPS-3

Syracuse University men's basketball head coach Jim Boeheim is no stranger to cancer or the American Cancer Society. A prostate cancer survivor who lost both his mother and father to the disease, Jim and his wife, Juli, have taken up the fight against cancer on and off the basketball court.

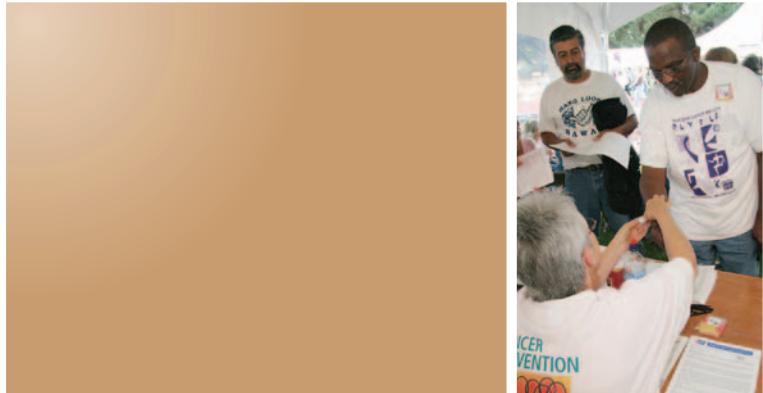
Jim is extremely active in Coaches vs. Cancer®, a national collaboration between the American Cancer Society and the National Association of Basketball Coaches that has raised more than \$50 million to support the Society's mission to save lives, and the Boeheims have been longtime supporters of the fight against cancer in Syracuse. When the couple learned that there was going to be a Cancer Prevention Study-3 enrollment in town, they expressed their interest in becoming involved.

Speaking at a local press event, Jim said, "My father passed away from prostate cancer, and I didn't because of all the research

that's been done. Ten years later, I'm still here. The [CPS-3] study can do this for somebody else in the future."

While Jim was not eligible to enroll in CPS-3 because he has had cancer, Juli signed up in his honor and in honor of her mother, who had breast cancer years ago. The Boeheims aren't the only national celebrities lending their support to the historic study. Chris Draft, a former NFL linebacker, spoke publicly about why he enrolled in CPS-3 and the importance of minority participation. In addition, Denver Nuggets coach George Karl shared his survivor story and why he was encouraging fellow Denver residents to be a part of the study.

These are just a few of the people who are helping with CPS-3 recruitment across the country. Several corporate, hospital, and community entities are doing the same. To read more about CPS-3 involvement, visit cancer.org/preventcancer.



Time Spent Sitting Increases Death Rates

In a country that is facing a growing obesity epidemic, you probably know that physical activity is a major component of maintaining a healthy body weight. However, you may not know how important it is to limit the amount of time you spend sitting to stay well.

According to a recent American Cancer Society study published in the *American Journal of Epidemiology* and seen in media outlets such as *USA Today* and MSNBC, no matter what your level of physical activity, the more time you spend sitting, the higher your risk of dying prematurely, especially from cardiovascular disease. The study was based on data collected from 123,216 Cancer Prevention Study-II Nutrition Cohort participants. Women who reported sitting for more than six hours per day during their leisure time had a 40% higher death rate compared to those who sat for less than three hours per day, while men who sat the most had an approximately 20% higher death rate.

The combination of time spent sitting and daily physical activity was also examined. Researchers found that no matter how

much physical activity was performed, time spent sitting was still associated with a higher risk of dying from all causes. In fact, women who were the least active and spent the most time sitting (six-plus hours a day) were 94% more likely to die early, compared to women who were the most active and sat the least (less than three hours a day). For men, who were the least active and spent the most time sitting, there was a 48% higher risk of early death.

So, what does this mean for you? For optimal health and longevity, you should strive to be physically active and reduce your time spent sitting.

Alpa Patel, PhD, the lead author of the Society's study, said, "There are so many ways to decrease your time spent sitting ... walk to visit coworkers or neighbors instead of using the phone, do chores while watching television instead of sitting on the couch, or simply take a five-minute break every hour to walk and stretch your legs. These small changes in your daily routine can have tremendous benefits to your overall health."

You can read more about the study at cancer.org.



Following American Cancer Society Nutrition and Physical Activity Guidelines Lowers Risk of Cancer and Other Illnesses

We all know that avoiding smoking helps prevent cancer and other diseases. For the 80% of Americans who do not smoke, other lifestyle behaviors, such as diet and physical activity, can also have a significant impact in preventing cancer and other diseases. Thus, the American Cancer Society and many other health organizations publish guidelines on nutrition and physical activity that help people make healthy choices about what to eat and how much exercise to do. These guidelines are based on the current scientific knowledge about how different behaviors can lower the risk of various diseases and promote overall health.

The American Cancer Society guidelines on nutrition and physical activity recommend that you:

1. Maintain a healthy weight throughout life.

2. Adopt a physically active lifestyle.

- Adults: Engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week, or an equivalent combination, preferably spread throughout the week.

3. Eat a healthy diet, with an emphasis on plant sources.

- Eat at least 2½ cups or more of fruits and vegetables each day.
- Choose whole grains over processed (refined) grains.
- Limit your intake of processed and red meats.

4. If you drink alcoholic beverages, limit your intake.

- Drink no more than 1 drink per day for women or 2 per day for men.

Few studies have evaluated whether following the combination of nutrition and physical activity recommendations affects risk

of cancer, cardiovascular disease, or overall premature death, especially for people who do not smoke, so it is important to consider the impact of these recommended behaviors.

A recent American Cancer Society study¹ using data from nearly 112,000 nonsmoking men and women in the Cancer Prevention Study-II Nutrition Cohort examined whether adherence to the American Cancer Society guidelines on nutrition and physical activity was associated with risk of death from all causes, cardiovascular disease, and cancer.

During the 14-year follow-up period, researchers found that the men and women whose behaviors were most consistent with the cancer prevention guidelines had a 42% lower risk of overall premature death than those people whose behaviors were least consistent with these guidelines. The risk of death specifically from cancer or from cardiovascular disease was also significantly lower among individuals following the recommended guidelines. Maintenance of a healthy body mass index (BMI) appeared to be the component most strongly associated with lower death rates, but all lifestyle behaviors significantly contributed to lower risk of premature death.

This study confirms that after avoiding or quitting tobacco, maintaining a healthy weight, getting physically active, eating right, and drinking alcohol in moderation if at all are the primary lifestyle strategies to prevent cancer. You can read more about this article and the American Cancer Society guidelines on nutrition and physical activity at cancer.org.

¹ Marjorie L McCullough, Alpa V Patel, Lawrence H Kushi, et al. Following cancer prevention guidelines reduces risk of cancer, cardiovascular disease and all-cause mortality. *Cancer Epidemiol Biomarkers Prev*. 2011 Jun;20(6):1089-97. Epub 2011 Apr 5.

CPS-3 Participant Profile: YOU

You are making history by participating in one of the largest cancer research studies in the United States. So far, you are 74% female and 26% male and are on average, 46 years old.

By simply sharing your information through periodic surveys, you are helping American Cancer Society researchers identify the lifestyle, behavioral, environmental, and genetic factors that may cause or prevent cancer, with the ultimate goal of eliminating cancer as a major health problem for this and future generations.

Hundreds of volunteers from all 12 American Cancer Society Divisions have assisted with CPS-3 enrollment at more than 650 American Cancer Society Relay For Life® sites, Society offices, Society corporate partner worksites, community hospitals, conventions, and places of worship.

You have made an important commitment to cancer research. Thanks to you, findings from CPS-3 will help create a world with less cancer and more birthdays.



Help Us Reach Our Goal

To date, we have enrolled approximately 120,000 participants in CPS-3. Our goal is to have 300,000 participants by December 2013.

With less than two years to go, we still have a lot of work to do to reach our goal. To do that, we could really use your help. Please tell your family, friends, coworkers, and neighbors about opportunities to enroll in this historic study and how they can help save lives from cancer.

You can find out more about CPS-3 in the following ways:

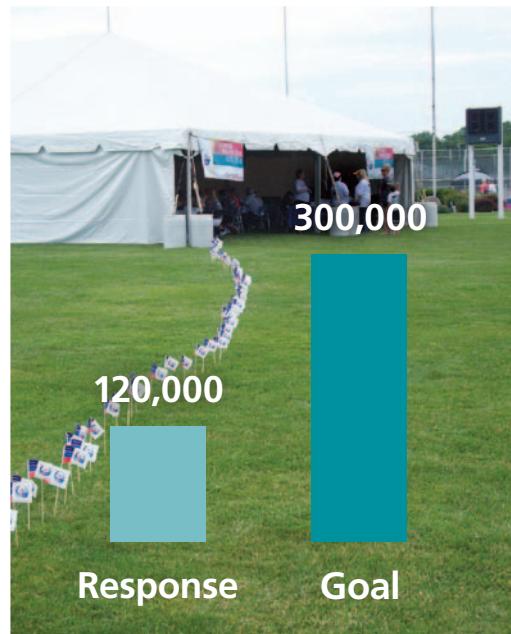
Phone: 1-888-604-5888

Email: cps3@cancer.org

Web site: cancer.org/cps3

Facebook: facebook.com/supportcps3

youtube: youtube.com/supportcps3



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