



CPS-3 Newsletter

Spring 2013

Cancer Prevention Study-3

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Letter from the Principal Investigator

Dear Cancer Prevention Study-3 Participant,

I want to thank you for being one of the nearly 200,000 people who has made the commitment to save more lives through your enrollment in the American Cancer Society Cancer Prevention Study-3 (CPS-3). Our important work to better understand the causes of cancer would not be possible without you.

It is hard to believe we are in our final year of enrolling participants in this study. We hope to reach at least 300,000 participants by the end of 2013! We have enrollment opportunities planned in 35 states across the country – in communities big and small. Please help us spread the word to anyone you know (friends, family, coworkers, and neighbors). You can direct them to cancer.org/cps3 for more information and to find an enrollment site near them.

The Society celebrates its 100th birthday this year, and we’ve made some great progress in our first century. Because of the progress being made against cancer, more than 400 lives are being

saved each day that would have otherwise been lost to the disease. Rather than simply reflect on what we did yesterday, we think it’s a perfect time to redouble our efforts. Working together, we can finish the fight against cancer!

Thank you again for your ongoing participation and commitment to CPS-3 and for helping to create a world with more birthdays.

Sincerely, Alpa V Patel, PhD



Hot Topics – Aspirin Use

Cancer Prevention Study-II (CPS-II) made front-page news 22 years ago as the first large study to report that death rates from colorectal cancer were significantly lower among people who frequently used aspirin, a finding confirmed by many later studies. In 2011 and 2012, the topic of aspirin and cancer was back on the front pages when a researcher at Oxford University analyzed data from several clinical trials originally designed to study prevention of heart disease. In these trials, participants who were randomly assigned to take aspirin had lower rates of developing or dying from any cancer than those taking a placebo. However, similar trials by Harvard University researchers found no cancer preventive effects of aspirin, used every other day, except for a reduction in colorectal cancer evident only after 10 years of use.

Although it is now established that aspirin use lowers risk of colorectal cancer, it is not currently recommended specifically for cancer prevention because it can cause serious stomach bleeding. However, aspirin use is recommended for many people at high risk of a heart attack or stroke. Research has shown that for some people, aspirin’s benefits outweigh its risks of stomach bleeding.

As a participant in CPS-3, you provide information that will help us address important unanswered questions about the role of aspirin in the prevention of many types of cancer, including colorectal cancer. This information will be useful in weighing the risks and benefits for cancer prevention.



CPS-3 Participant Profile

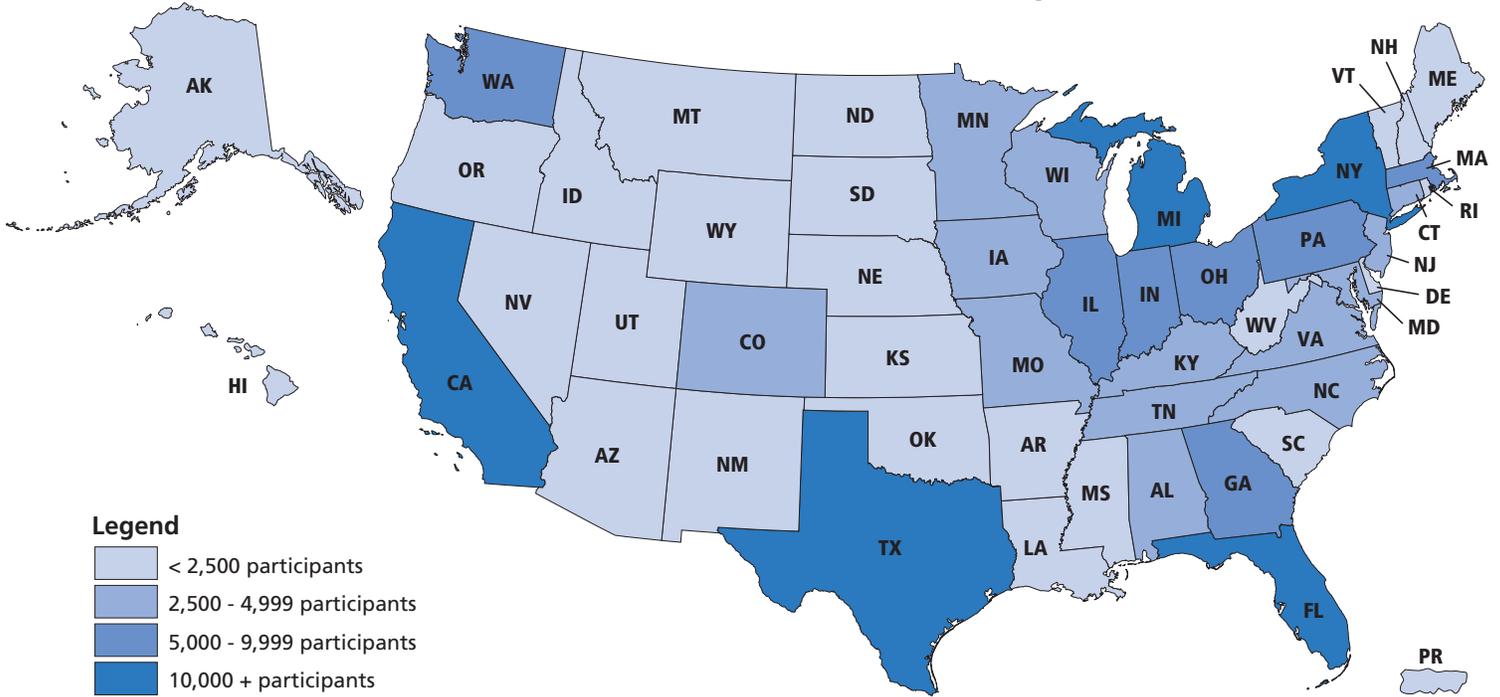
You are making history by participating in one of the largest cancer research studies in the United States.

You are 76% female and 24% male and are on average, 50 years old.

You live in all states across the country, as well as Puerto Rico.

Your involvement in CPS-3 represents an extraordinary commitment to advancing our progress in the fight against cancer.

States of Residence for CPS-3 Participants



Have you heard of "yo-yo" dieting?

A "yo-yo" dieter is someone who diets to lose weight and once the weight is lost, gains it back. Repeated cycles of weight loss and gain are referred to as weight cycling.

Weight cycling has become very common among Americans, and it's important to determine if it is unhealthy. One potentially harmful effect of weight cycling might be the redistribution of body fat from peripheral locations (hips and thighs) to a central location (belly). In addition, weight cycling might slow down your metabolism, which would make it easier to put on more weight and make future weight loss even harder.

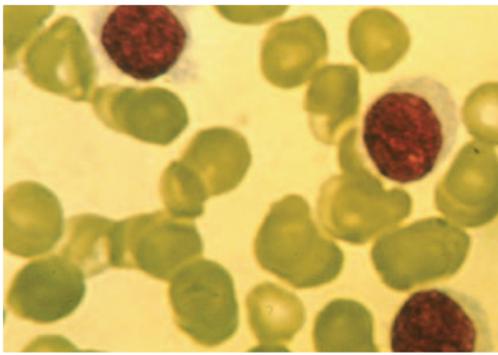
With the enormous amount of information collected from CPS-II participants, American Cancer Society researchers wanted to know if those who reported being weight cyclers were at higher risk of dying compared to people who were not weight cyclers. In our study, a weight cycle was defined as the intentional weight loss and gain of 10 or more pounds,



and participants were categorized according to the total number of lifetime weight cycles they reported. Results from the study showed that the risk of death was not higher for those with a greater number of reported weight cycles (>20 cycles).

"The message from this study should be comforting to those who struggle to keep off the weight they've lost," says Victoria Stevens, PhD, who led the Society study. "Weight cycling was not associated with increased mortality, so people should not be reluctant to keep trying to lose weight for fear of doing more harm than good."

The study was published in the *American Journal of Epidemiology*.



Building for the Future: CPS-3 and Enhancement of CPS-II Resources

Participants in the American Cancer Society Cancer Prevention Studies have and continue to do so much to help save more lives from cancer. Thirty years after the initial enrollment of CPS-II participants, Society researchers are still finding innovative and important ways to improve our understanding of what causes cancer. One of the many ways CPS-II participants are helping is by allowing the American Cancer Society to study their tissue samples following surgery to discover clues about how the cancer develops.

For example, with the permission of CPS-II participants or their spouses, Society researchers began collecting colon and rectal tumor tissue samples in 2009 and breast tumor tissue samples in 2011 from the hospitals where the participants had cancer surgery. (Hospitals typically store specimens for at least 10 years.) To date, the Society has successfully collected tissue samples from more than 1,800 participants for which we are very grateful.

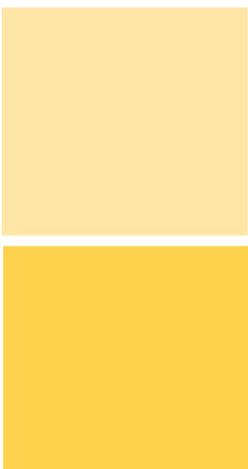
“Over the past 30 years, the Cancer Prevention Studies have contributed profoundly to our understanding of factors associated with higher risk of breast, colon and rectal, and many other cancers,” says Peter Campbell, PhD, the Society’s director of Tumor Repository. “We were only able to make such important discoveries because of the wealth of information contributed by study participants over the years.

“By collecting tissue specimens from study participants, we can gain even deeper insight into what factors cause these malignancies,” he says. “We are currently working with other scientists at Mayo Clinic and Emory University to measure innovative molecular tissue markers to better understand and prevent disease. It’s an exciting time to be a cancer researcher at the American Cancer Society.”

The efforts within CPS-II will be further enhanced through CPS-3. After the American Cancer Society completes recruitment of CPS-3 in 2013, Society researchers will follow participants through mailed questionnaires, and eventually will begin similar tumor tissue sample collection from CPS-3 participants as well.

The legacy of the Cancer Prevention Studies is two-fold. Each of these studies on their own has made enormous contributions to our understanding of the causes of cancer and improvements in prevention. And the sequential coverage of these studies over the past 60 years has uniquely positioned Society researchers to study the evolution and impact of many important risk factors for cancer, like cigarette smoking and obesity.

Building and then continually enhancing the Cancer Prevention Studies have and will continue to bring us closer to a world with less cancer, thanks in no small part to you.



Together, we can reach our goal.

To date, we have enrolled approximately 200,000 participants in CPS-3. In 2012 alone, we enrolled 70,000. Our goal is to have 300,000 participants by December 2013.

We are very excited about the progress made in 2012, but we still have a lot of work to do. Please tell your family, friends, coworkers, and neighbors about opportunities to enroll in this historic study and how they too can help save more lives from cancer.

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

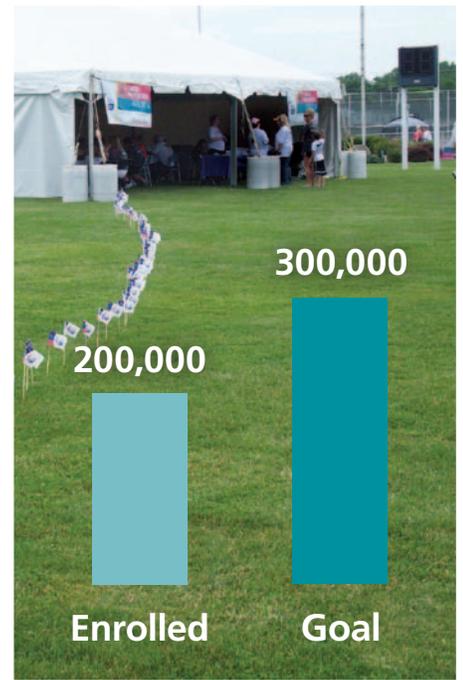
Phone: 1-888-604-5888

Email: cps3@cancer.org

Web site: cancer.org/cps3

Facebook: [facebook.com/supportcps3](https://www.facebook.com/supportcps3)

youtube: [youtube.com/supportcps3](https://www.youtube.com/supportcps3)



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Cancer Prevention Study

