



Research today for a cancer-free tomorrow

CANCER PREVENTION STUDY-3



Spring 2017

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A Note from the Principal Investigator

Dear Participant,

Great news! The death rate from cancer in the United States has declined by 25% from its peak in 1991 to 2014, which translates to more than 2.1 million deaths averted from cancer. This is tremendous progress and shows that we have the potential to further reduce the deadly impact of this horrible disease.

We all want to be a part of something bigger than ourselves and, for me, being part of the American Cancer Society Cancer Prevention Study-3 (CPS-3) is an honor and an opportunity to make an even greater impact on reducing the cancer burden in the years to come. Each of you who has made a commitment to CPS-3 is helping us better understand how lifestyle, environment, genetics, and other factors contribute to cancer risk and ultimately how we can save more lives from cancer.

In this newsletter, I am excited to share study updates with you and introduce you to some of the researchers who work tirelessly to find the next wave of answers. Thank you for your ongoing participation in CPS-3 and for helping us lead the fight for a world without cancer.



With my continued gratitude,

Alpa V. Patel, PhD
Principal Investigator, CPS-3

Study Updates

Two very important, descriptive papers about CPS-3 were earlier published this year. The first appeared in the journal *Cancer* and documents how the American Cancer Society recruited CPS-3 participants, characteristics of the population, and our broad plans for following CPS-3 over the next few decades. The second was in the *American Journal of Epidemiology* and describes how we are successfully linking with each state's cancer registry to collect information about all cancers diagnosed in CPS-3.

We also successfully completed the one-year data collection for two important sub-studies, each involving 750 randomly selected CPS-3 participants. The Physical Activity, Light, and Sleep Sub-study participants wore activity and light monitors for two weeks and recorded four weeks of activity, light, and sleep data in diaries, while

Diet Sub-study participants provided two blood and urine samples and completed six dietary phone interviews. These data will be analyzed to ensure that we are asking the right questions about these factors in the right ways for future CPS-3 research.

Finally, we completed our first follow-up survey cycle, and we would like to thank each of you who returned your survey for helping us reach a 75 percent response rate.

We are beginning to develop our next follow-up survey which will go out to study participants in mid-2018.
Stay tuned for more to come!

Do Genetic Factors Play a Role in Smoking Cessation?

Smoking is the leading cause of preventable death in the US. While most of the 40 million Americans who smoke want to quit, only a few are able to stop long term. Many studies have tried to identify genetic factors that explain why some smokers quit easily while others cannot even after many attempts. The first study using information and blood samples collected from CPS-3 participants was published in the journal *Nicotine & Tobacco Research*. Victoria Stevens, PhD, and colleagues compared 82 genetic regions between “easy quitters” (who successfully quit smoking after their first quit attempt) and “difficult quitters” (who reported 10 or more attempts to quit smoking). Results of the study showed evidence that about 11 of the genetic regions are related to the difficulty of quitting smoking. According to Stevens, “Knowledge of the genetic factors related to smoking cessation may indicate biological pathways that could be targeted for the development of novel smoking cessation aids and used to determine which smokers are likely to benefit most from such aids.”



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Victoria Stevens, PhD

Strategic Director, Laboratory Services

Meet the Cancer Prevention Studies Researchers

There are nine doctoral-level investigators working to reduce the burden of cancer by advancing our understanding of what causes cancer and improves survival and long-term survivorship through their research in the Cancer Prevention Studies. We would like to introduce you to these experts:



Alpa V. Patel, PhD
Principal Investigator,
Cancer Prevention Study-3

The principal investigator of CPS-3, Alpa Patel's research focuses on the role of physical activity, sedentary behavior, and obesity in relation to cancer risk and prevention. She is particularly interested in the broader public health benefits of being physically active and overall health and longevity.



Susan M. Gapstur, PhD
Vice President, Epidemiology
Research program

The principal investigator of CPS-II, Susan Gapstur's research primarily focuses on alcohol intake and circadian rhythm disruption related factors in relation to cancer risk and prevention. She is also co-principal investigator of the CPS-3 Physical Activity, Light, and Sleep Sub-study.



Peter T. Campbell, PhD
Strategic Director, Digestive System
Cancer Research

Peter Campbell conducts research largely focused on identifying risk factors for cancers that occur in the digestive system, particularly the colon, rectum, liver, stomach, and gallbladder. He is leading the effort to collect tissues from the colorectal cancer cases in CPS-3.



Mia M. Gaudet, PhD
Strategic Director, Breast and
Gynecologic Cancer Research

Mia Gaudet's research focuses on lifestyle, hormonal, and genetic factors associated with risk of and survival from cancers of the breast, ovary, and endometrium. She is leading the effort to collect tissues from the breast and ovarian cancer cases in CPS-3.



Eric J. Jacobs, PhD
Strategic Director,
Pharmacoepidemiology

Eric Jacobs' research focuses on the health effects of aspirin use, tobacco, and obesity, and the epidemiology of prostate, pancreatic, and colorectal cancer. He is also leading the effort to collect tissues from the prostate cancer cases in CPS-3, as well working with state cancer registries as part of CPS-3 participant follow-up.



Marjorie McCullough, ScD, RD
Strategic Director,
Nutritional Epidemiology

Marjorie McCullough's research focuses on the role of vitamin D, dietary patterns, and adherence to dietary and lifestyle guidelines in reducing cancer incidence and improving survival. She is also co-principal investigator of the CPS-3 Diet Sub-study.



Victoria L. Stevens, PhD
Strategic Director,
Laboratory Services

Victoria Stevens' research focuses on understanding the molecular pathways by which various behaviors influence cancer risk. Her recent research is on the consequences of weight cycling and obesity for cancer risk and overall health. She is conducting studies of the genes related to smoking cessation in CPS-3.



Lauren R. Teras, PhD
Strategic Director,
Hematologic Cancer Research

Lauren Teras' main research focus is hematologic malignancies, such as leukemia, lymphoma, and multiple myeloma, with an emphasis on lifestyle and infectious risk factors for these cancers. She is also leading the effort to collect hematologic cancer tissue from CPS-3 participants.



Ying Wang, PhD
Senior Epidemiologist

Ying Wang's research focuses on diet, physical activity, and biomarkers of lifestyle factors in relation to cancer incidence and survival. Her current research is using metabolomics technologies to identify biomarkers related to lifestyle factors that may affect cancer risk.



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Contact Us:

Please call **1-888-604-5888** or email **cps3@cancer.org** for any questions related to CPS-3, including change of address or other contact information. All inquiries are answered promptly.

If you haven't already done so, visit **facebook.com/supportCPS3** to like us on Facebook.

From time to time, we'd like to send you late-breaking news.

Do we have your email address? Please send your address to **cps3@cancer.org** if you wish to be contacted that way.

For cancer information, answers, and support, visit our website at **cancer.org** or call **1-800-227-2345**. We're here when you need us – 24 hours a day, seven days a week.