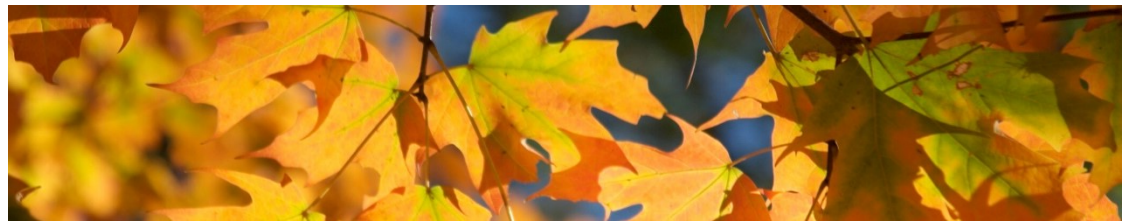




Research today for a cancer-free tomorrow

CANCER PREVENTION STUDY-3

September 2019 e-newsletter



Happy Fall!

We hope you enjoyed the summer (June) American Cancer Society Cancer Prevention Study-3 (CPS-3) e-newsletter. We certainly enjoyed the many positive comments and suggestions you shared with us and appreciate your interest in staying informed about CPS-3. While we may not be able to incorporate all suggestions into the quarterly e-newsletter, please know that they are meant *for you*, and we will do our best to make the information as meaningful as possible. The contributions of the CPS-3 study to cancer research rely on your involvement and participation, and together, we look forward to creating a world where all can live longer – and better.



CPS-3 Updates

There are many CPS-3 projects underway. We are collecting new data and conducting various studies to set the stage for future research projects and scientific publications. Here are a few of our projects currently in progress:



Accelerometry Sub-study Launched in April 2019, this sub-study will collect objectively measured physical activity and sedentary time data on a subset of 20,000 CPS-3 participants. Participants will be randomly selected every 2 months. Those who agree to participate will wear a research-grade physical activity monitor for one week and complete a brief survey. We will use this information to study detailed patterns of physical activity and sitting time and how they affect health and disease prevention. So far, over 1,500 CPS-3 participants have signed up to participate in the sub-study.



Metabolomics We are analyzing thousands of CPS-3 blood samples to assess the metabolic profile of women with or without breast and ovarian cancer. Metabolomics provides a comprehensive assessment of various cellular processes that happen in your body by measuring the small molecules (metabolites) left in your blood as a result of these processes. These data will be used to better understand cancer risk and may help identify metabolites that will be useful in screening and early detection. CPS-3 is ideally suited for this type of research because of the large numbers of participants who provided blood samples at the time of enrollment.



Cancer Registry Linkage This summer we completed our first set of linkages to state cancer registries. Each state, the District of Columbia, and Puerto Rico are required to track all cancers diagnosed via their cancer registry. By conducting these linkages, we obtain information on cancers diagnosed within our CPS-3 population. These data are used along with biospecimens and information we collect through surveys to assess how lifestyle, medical, environmental, and genetic factors relate to cancer.



Meet Our Staff

In this edition of “Meet Our Staff,” we are featuring the co-directors of the Study and Biospecimen Management Group: **Daniela Dudas (DD)**, **Cari Lichtman (CL)**, and **Peter Briggs (PB)**. Daniela, Cari, and Peter have dedicated a large portion of their careers to our Cancer Prevention Studies. Combined, they have worked at the American Cancer Society for **over 60 years!** The group they lead is responsible for all of the behind-the-scenes work that keeps the Cancer Prevention Studies running and is the foundation for research based on these studies. They oversee the collection, processing, and management of all survey data, biospecimens, medical records, registry and mortality linkages, and participant communications.



Daniela and her mother, Lustina, at an Atlanta CPS-3 enrollment in 2011

What is the most memorable thing that you have experienced in your years working for ACS?

DD “I have been with ACS for 22 years and working alongside my mother [an ACS volunteer and CPS-3 participant] to enroll participants in CPS-3 is by far my favorite memory.”

CL “Over the past 20 years, the most impactful experience while working at ACS was the opportunity to help enroll participants in CPS-3. From Los Angeles to Iowa [my home state] to Shea Stadium in NYC, I loved spending time with our amazing volunteers and participants. The collective passion, commitment, and personal stories fuel my ambition and make me a better researcher.”

PB “Returning to my hometown in central New York twice over the past 20 years for both CPS-II and CPS-3 participant recruitment events. One took place at the hospital where I was born, and one was on the track where I graduated.”

“I have always loved my job, but losing my mother to ovarian cancer one year ago has made it even more personal. Yet I am hopeful that the research we conduct will one day eliminate the pain of losing those we love to this disease.” – Daniela Dudas



Diet and Physical Activity Validation Studies

As you complete your periodic follow-up surveys, you may wonder to yourself: **What do they do with all this information, and how accurate is it?** Our survey questions are carefully designed to estimate information like your usual diet and activity patterns and then are used as important components of scientific analyses. In order to verify the validity of our diet and physical activity questions, you may recall that we conducted two sub-studies in 2015. The 750 participants in the diet validation study were asked to complete a detailed food frequency questionnaire, 24-hour dietary recalls by phone, and provide blood and urine samples twice over the course of the year. The 750 participants in the physical activity sub-study completed diaries detailing their daily activity, sleep, and light exposure, and wore devices that tracked their activity levels. Using these data, we combine self-reported information with objective measures (blood/urine or physical activity monitor) to determine how well our surveys are assessing diet and activity.



The data demonstrated that self-reported physical activity (Rees-Punia et al., *Journal for the Measurement of Physical Behaviour* 2019) and sedentary time (Rees-Punia et al., *Medicine & Science in Sports & Exercise* 2019) have good validity and reliability. We also published a report assessing recalled high school diet and found good reproducibility when it was reported twice over a one-year period (Brantley et al., *The Journal of Nutrition* 2018). Several other projects are underway examining the quality of self-reported diet patterns, food groups, sleep, and light exposure. Stay tuned for details in future newsletters as this work is completed!



For the latest cancer information, day-to-day help, and emotional support 24 hours a day, seven days a week, visit our website at [cancer.org](https://www.cancer.org) or call us at 1-800-227-2345.