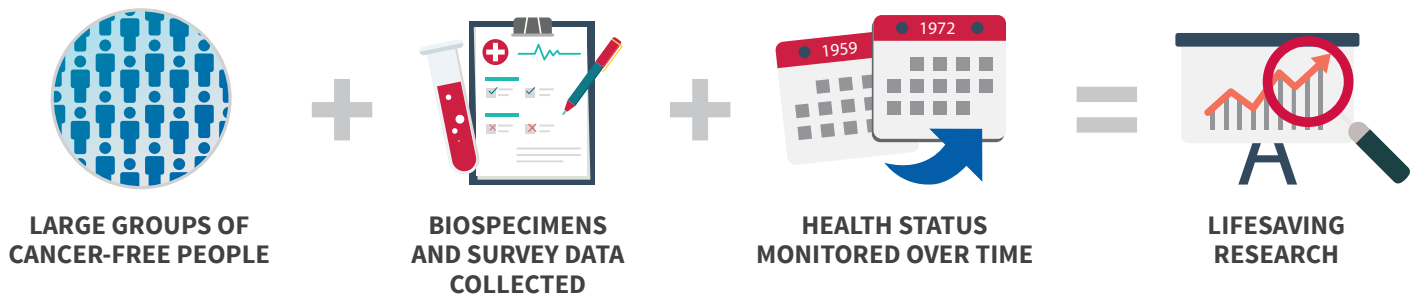




Prevention Studies for a Cancer-free Tomorrow

The American Cancer Society conducts long-term studies that play a major role in helping us better understand the causes of cancer and how to prevent the disease. These studies have shown how lifestyle, medical, environmental, and genetic factors relate to cancer and other diseases, and have contributed to the 25% drop in cancer death rates since 1991.

HOW DO WE CONDUCT CANCER PREVENTION STUDIES?



WHAT ARE SOME OF OUR STUDIES' FINDINGS AND THEIR IMPACT?



SMOKING

The Surgeon General's landmark 1964 conclusion that **smoking causes lung cancer** was based in part on our early studies linking smoking with lung cancer and higher overall death rates. Since then, adult smoking rates have declined from over 40% to less than 20% today.



OBESITY

Cancer Prevention Study-I (CPS-I) revealed the first epidemiologic evidence that **obesity increases the risk of premature death**, and CPS-II established the link between obesity and death from breast, colorectal, and other cancers.



ASPIRIN

CPS-II was the first prospective study to find a link between **regular aspirin use and lower risk of colorectal cancer**, opening the door to more research on aspirin and the risk of other cancers.



DIET & EXERCISE

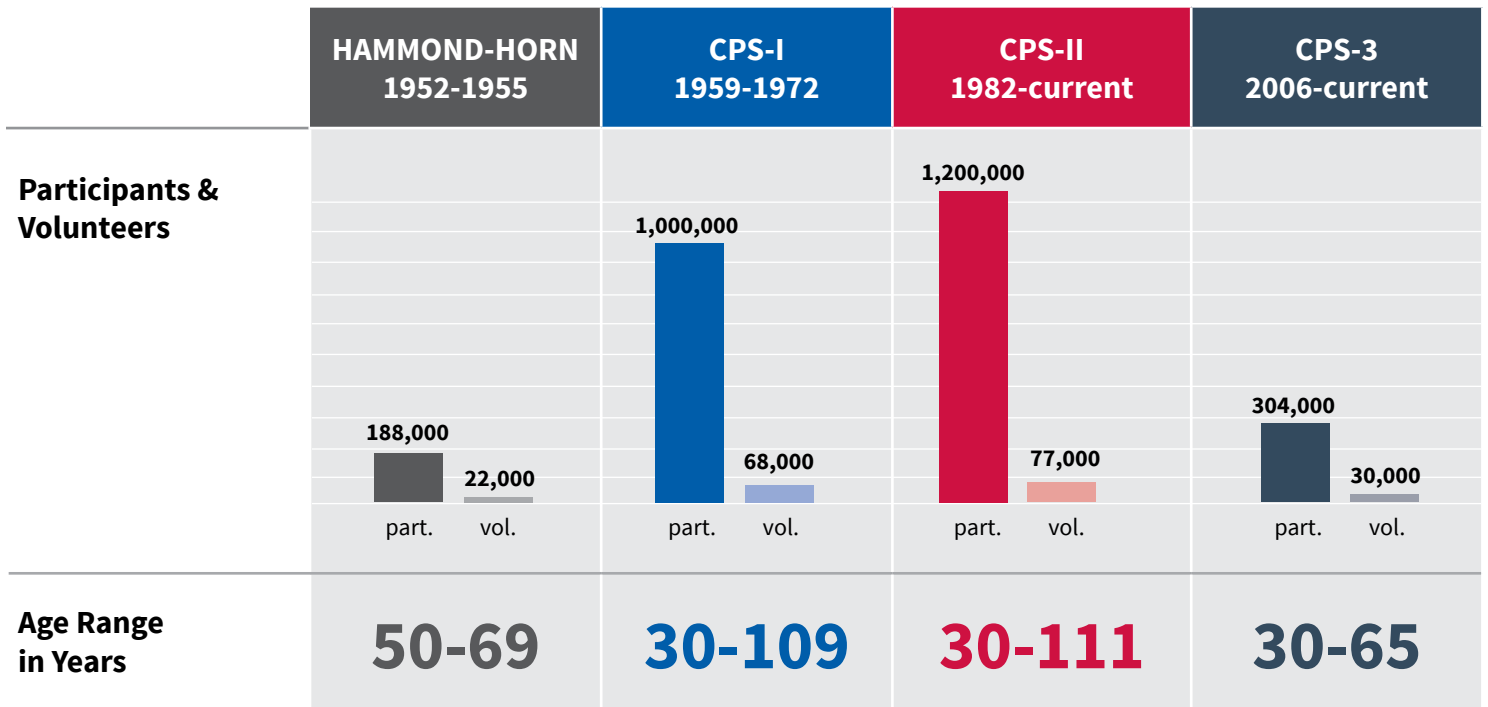
Our studies have revealed that **high red and processed meat and alcohol intake, low physical activity, and longer sitting time increase the risk of cancer** or mortality.



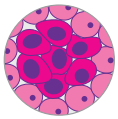
GENETICS

CPS-II data and biospecimens have been included in the **identification or validation of nearly every confirmed breast, prostate, and pancreatic cancer genetic susceptibility variant** known to date. This work has led to a better understanding of family history of these cancers.

WHO HAS PARTICIPATED IN OUR STUDIES?



WHAT'S NEXT FOR THE CANCER PREVENTION STUDIES?



Tissue Specimens

The collection of tumor tissue specimens will allow us to identify risk factors for specific molecular subtypes of colorectal, prostate, hematologic, ovarian, and breast cancers (for example, estrogen receptor positive breast cancer), leading to the development of better targets for prevention.



Smoking & Cancer

We will investigate how e-cigarette use may influence the smoking of regular cigarettes.



Cancer in the Elderly

We will leverage the large size, long-term follow-up, and older age of CPS-II participants to study factors associated specifically with cancer risk and with longevity in the elderly.



Obesity & Cancer

We will study the evolving role of diet, physical activity, aging, and the built environment on changes in overweight and obesity to better inform cancer prevention programs.



More Survivors than Ever

We will use the information collected both before and after a cancer diagnosis to study factors associated with cancer survivorship and to inform cancer survivorship guidelines.

A UNITED FORCE AGAINST CANCER

The American Cancer Society is an organization of 2 million strong. Our mission is to save lives, celebrate lives, and lead the fight for a world without cancer.



Learn More: cancer.org/cps
Explore Research: cancer.org/research
Donate: cancer.org/donate