



WOMEN

If this is not your full **LEGAL** name and mailing address, please make changes on this page.

Dear Cancer Prevention Study Participant,

Thank you for the vital role you play in cancer research!

As we persist in our contribution to the fight against cancer, we must periodically update information regarding your lifestyle, screening practices, and use of medications/vitamins. This year, we have also included a few questions that address quality of life. We hope you will take the time to carefully complete this survey and return it to us within 10 days.

In addition, please verify that the information printed above is your full legal name and correct address and make corrections if needed. We will use this information to verify or identify cases of cancer through cancer registries and death indexes. As always, this information is kept strictly confidential and is used for medical statistical purposes only.

Thank you again for your invaluable contribution to the Cancer Prevention Study. If you have any questions about the survey, please call us at 1-800-646-7853.

Sincerely,

Susan M. Gapstur, PhD, MPH
Vice President of Epidemiology

BEFORE TURNING TO THE QUESTIONNAIRE, PLEASE READ THE BOXES BELOW.

If the person whose name appears on this form **has died**, please mark this square and **STOP HERE**. Return the blank questionnaire in the postage-paid envelope.

☐

The answers to the following questions should be provided by the person named above. If someone else provides the answers **about that person**, please mark this square.

☐

START HERE

1. Is this your correct date of birth?

☐ Yes



☐ No, my birthday is:

/

/

Month

Day

Year

2. Is this your correct state of birth?

☐ Yes



☐ No, my birth state is:



THANK YOU FROM THE EPIDEMIOLOGY STAFF OF THE AMERICAN CANCER SOCIETY

INSTRUCTIONS

- Use a blue or black ink pen or dark pencil. Do not use felt tip markers or gel pens.
- Please answer the following questions by filling in the square or placing an X in the square.

↳ Correct: ☐ ☒ ☐ ☐ or ☐ ☒ ☐ ☐

- **To change** an answer, fill in the square and **circle** the square of your preferred answer.

↳ Correct: ☒ ☐ ☒ ☐ or ☒ ☐ ☒ ☐

- Please PRINT where applicable. Enter only one letter or number per box, and stay within the confines of the box.

C P S 2

- **Please make an effort to fill out every question. If unsure, estimate to your best ability.**

GENERAL HEALTH

3. In general, would you say your health is:

☐ Excellent ☐ Fair
☐ Very Good ☐ Poor
☐ Good

4. In general, would you say your quality of life is:

☐ Excellent ☐ Fair
☐ Very Good ☐ Poor
☐ Good

5. In general, how would you rate your physical health?

☐ Excellent ☐ Fair
☐ Very Good ☐ Poor
☐ Good

6. In general, how would you rate your mental health, including your mood and your ability to think?

☐ Excellent ☐ Fair
☐ Very Good ☐ Poor
☐ Good

7. In general, how would you rate your satisfaction with your social activities and relationships?

☐ Excellent ☐ Fair
☐ Very Good ☐ Poor
☐ Good

8. How would you rate your pain on average?

☐ 0 = No Pain
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9
☐ 10 = Worst pain imaginable

9. How would you rate your fatigue on average?

☐ None ☐ Severe
☐ Mild ☐ Very Severe
☐ Moderate

10. How often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?

☐ Never ☐ Often
☐ Rarely ☐ Always
☐ Sometimes

WOMEN'S HEALTH ISSUES

11. **SINCE AUGUST 2007**, have you used **prescription** female replacement hormones?

☐ No (**Go to Question 12**)

☐ Yes

a. Are you **currently** using them (within the last month)?

☐ Yes, currently

☐ No, not currently (**If no, go to Question 12**)

b. Mark the type(s) of hormones you are **currently** using:

☐ Combined estrogen and progestin in a single pill, or in two pills

☐ Combined estrogen and progestin in a patch

☐ Estrogen alone in a pill

☐ Estrogen alone in a patch

☐ Vaginal estrogen alone in a cream, tablet or ring

☐ Other

MEDICAL

12. Has a physician ever told you that you had any of the following conditions?

(If no, mark **never**; if yes, mark year **first** diagnosed.)

**Fibrocystic or other
benign breast disease**

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

**Benign polyp of the
colon or rectum**

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

**Basal cell or squamous
cell skin cancer**

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

13. Has a physician ever told you that you had any of the following **cancers**?

Breast cancer

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

**Cancer of the uterus
or endometrium**

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

**Lung or bronchial
cancer**

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

Colon or rectal cancer

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

Bladder cancer

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

Lymphoma

☐ Never

☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

Other cancer (If you have been diagnosed with another type of cancer, please specify type of cancer below.)

☐ Never


☐ Before August 2007

☐ Aug. 2007 - July 2009

☐ After July 2009

Specify other cancer **not** mentioned in questions 12 or 13.

14. Has a physician ever told you that you had any of the following conditions? (If **NO**, leave blank.)
(If yes, mark the **yes** square and **year of diagnosis** for each illness you have had diagnosed.)

	Mark here for YES	Year first diagnosed		
		Before August 2007	August 2007- July 2009	After July 2009
Diabetes mellitus (except during pregnancy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Myocardial infarction (heart attack) or angina pectoris	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hospitalized for MI 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coronary bypass, angioplasty or stent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stroke (CVA) or TIA (Transient ischemic attack)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carotid surgery (Endarterectomy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Parkinson's Disease ♦	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ALS (Lou Gehrig's Disease)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emphysema or chronic bronchitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wrist fracture, vertebral fracture or hip fracture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoarthritis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rheumatoid arthritis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GENERAL

15. What is your **current** marital status?

☐ Married ☐ Divorced
☐ Widowed ☐ Never Married
☐ Separated

16. What is your **current** living arrangement?

☐ Alone ☐ Assisted living
☐ With spouse or partner ☐ Nursing home
☐ With other family ☐ Other

17. What is your **current** work status?

☐ Retired ☐ Volunteer
☐ Work full-time ☐ Homemaker
☐ Work part-time ☐ Disabled

18. What is your **current** weight?

Pounds

19. Do you **currently** smoke cigarettes?

☐ No
☐ Yes

How many per day?

☐ 1-4 cigarettes ☐ 25-34
☐ 5-14 ☐ 35-44
☐ 15-24 ☐ 45 or more

MEDICATIONS

20. In the **past two years**, have you used any of these medications on a **regular** basis for osteoporosis or other reason?

- | | |
|--|---|
| <input type="checkbox"/> Fosamax (alendronate) | <input type="checkbox"/> Calcimar, Cibacalcin, Miacalcin (calcitonin) |
| <input type="checkbox"/> Actonel (risedronate) | <input type="checkbox"/> Didronel (etidronate) |
| <input type="checkbox"/> Boniva (ibandronate) | <input type="checkbox"/> Forteo injections (teriparatide) |

21. Do you **currently** take any of the following cholesterol-lowering drugs?

- | | | |
|---|---|--|
| <input type="checkbox"/> Lipitor (atorvastatin) | <input type="checkbox"/> Lovastatin (Mevacor or Altoprev) | <input type="checkbox"/> Crestor (rosuvastatin) |
| <input type="checkbox"/> Simvastatin (Zocor) | <input type="checkbox"/> Pravachol (pravastatin) | <input type="checkbox"/> Lescol or Lescol XL (fluvastatin) |

If you marked any of the drugs above, what total dose per day do you take?

- | | | | | | |
|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> 5 mg | <input type="checkbox"/> 10 mg | <input type="checkbox"/> 20 mg | <input type="checkbox"/> 40 mg | <input type="checkbox"/> 60 mg | <input type="checkbox"/> 80 mg |
|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|

- ☐ Caduet
- ☐ Vytorin
- ☐ Zetia (ezetimibe)
- ☐ Any other cholesterol-lowering drug not listed above, for example: Tricor (fenofibrate), Gemfibrozil (Lopid), Questran (cholestyramine)

22. In the **past two years**, have you used any of the following medications on a **regular** basis?

		No	Yes
FOR HEART OR BLOOD PRESSURE:			
Calcium Blocker	<i>for example:</i> Norvasc, Cartia, amlodipine, verapamil, diltiazem, nifedipine	<input type="checkbox"/>	<input type="checkbox"/>
Beta Blocker	<i>for example:</i> Toprol, Coreg, atenolol, metoprolol, carvedilol	<input type="checkbox"/>	<input type="checkbox"/>
ACE Inhibitor	<i>for example:</i> Altace, lisinopril, enalapril, ramipril, quinapril, benazepril	<input type="checkbox"/>	<input type="checkbox"/>
Angiotensin II Receptor Blocker (ARB)	<i>for example:</i> Diovan, Cozaar, Benicar, Atacand, Micardis, Avapro, valsartan, losartan, olmesartan, candesartan, telmisartan, irbesartan	<input type="checkbox"/>	<input type="checkbox"/>
Diuretic	<i>for example:</i> Hydrochlorothiazide, triamterene, furosemide, indapamide	<input type="checkbox"/>	<input type="checkbox"/>
Other	<i>(Mark here if unsure of heart or blood pressure medication category.)</i>	<input type="checkbox"/>	<input type="checkbox"/>
FOR DIABETES OR BLOOD SUGAR:			
Insulin injection or pump		<input type="checkbox"/>	<input type="checkbox"/>
Oral medications		<input type="checkbox"/>	<input type="checkbox"/>
BLOOD THINNERS	<i>for example:</i> Coumadin (warfarin), Plavix (clopidogrel)	<input type="checkbox"/>	<input type="checkbox"/>
THYROID MEDICATIONS	<i>for example:</i> Synthroid, Levoxyl, Levothroid, Levo-T, (levothyroxine, L-thyroxine)	<input type="checkbox"/>	<input type="checkbox"/>
TAMOXIFEN	<i>for example:</i> Nolvadex	<input type="checkbox"/>	<input type="checkbox"/>
RALOXIFENE	<i>for example:</i> Evista	<input type="checkbox"/>	<input type="checkbox"/>
ARIMIDEX (Anastrozole), FEMARA (Letrozole), or AROMASIN (Exemestane)		<input type="checkbox"/>	<input type="checkbox"/>

23. During the past year, on average, how frequently have you taken the following?

	Never, or less than once a month	At least once a month	
		Days per month	Pills per day
Aspirin Baby or low-dose aspirin (162 mg or less)	<input type="checkbox"/>	<input type="text"/> → <input type="text"/>	<input type="text"/>
Regular or extra strength aspirin (163 mg or more) <i>for example: Bufferin, Anacin, Bayer, Excedrin, Ecotrin</i>	<input type="checkbox"/>	<input type="text"/> → <input type="text"/>	<input type="text"/>
Ibuprofen <i>for example: Motrin, Advil, Nuprin, Mediprin</i>	<input type="checkbox"/>	<input type="text"/> → <input type="text"/>	<input type="text"/>
Acetaminophen <i>for example: Tylenol, Phenaphen</i>	<input type="checkbox"/>	<input type="text"/> → <input type="text"/>	<input type="text"/>
Naproxen <i>for example: Aleve, Naprosyn, Anaprox</i>	<input type="checkbox"/>	<input type="text"/> → <input type="text"/>	<input type="text"/>
Other anti-inflammatory analgesics <i>for example: Mobic, nabumetone, meloxicam, diclofenac, indomethacin</i>	<input type="checkbox"/>	<input type="text"/> → <input type="text"/>	<input type="text"/>
Celebrex	<input type="checkbox"/>	<input type="text"/> → <input type="text"/>	<input type="text"/>

Amount in each Celebrex pill
☐ 100 mg ☐ 200 mg ☐ 400 mg

EXERCISE

24. What is your normal walking pace?

- | | |
|---|---|
| <input type="checkbox"/> Unable to walk | <input type="checkbox"/> Brisk (3 to 3.9 mph) |
| <input type="checkbox"/> Slow (less than 2 mph) | <input type="checkbox"/> Very brisk, striding (4 mph or faster) |
| <input type="checkbox"/> Normal, average (2 to 2.9 mph) | |

25. During the past year, what was your average total time PER WEEK spent at each of the following activities?

		Hours Per Week			
	None	1-3	4-6	7+	
Walking (such as on treadmill, at golf)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Bicycling/Stationary bike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jogging/Running, Lap Swimming, Tennis, Racquetball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other aerobic exercise (such as elliptical or stair machine, aerobics, dancing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Gardening, Mowing, Planting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Weight training or resistance exercises (such as free weights or machines like Nautilus)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

26. **During the past year**, what was your **average total time PER DAY** spent sitting or lying down during the day?

	None	Hours Per Day		
		Less than 3	3-6	7+
Sitting or lying watching TV, VCR or DVD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other sitting or lying (such as driving, reading, at desk or games)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

27. To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?

☐ Completely ☐ Mostly ☐ Moderately ☐ A little ☐ Not at all

28. Do you usually use a cane or walker?

☐ No ☐ Yes

29. Do you have difficulty with your balance? ◆

☐ No ☐ Yes

30. Number of times you have fallen to the ground in the past year:

☐ None ☐ 2 ☐ 4 ☐ 10 or more
☐ 1 ☐ 3 ☐ 5-9

SCREENING

31. In the **past two years**, have you had any of the following? (If yes, **mark all that apply**.)

	No	Yes, for routine exams	Yes, for symptoms
A physical exam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mammogram	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pap smear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colonoscopy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sigmoidoscopy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Colonoscopy: A long tube was inserted into the rectum to examine the entire colon for cancer or other problems. A medicine was given through a needle in your arm to make you sleepy and someone else needed to drive you home. Not the same as a sigmoidoscopy.

Sigmoidoscopy: A short tube was inserted into the rectum to examine the lower part of the colon to check for cancer or other problems. You were awake and not given a medicine to make you sleepy. You were probably able to drive yourself home.

VITAMINS

Multi-vitamins contain 10 or more vitamins and/or minerals. (For example: One-A-Day and Centrum)

32. Do you **currently** take a **multi-vitamin**?

(Please do not include additional individual supplements or eye health vitamins such as Ocuvite.)

☐ No

☐ Yes →

a. How many multi-vitamin pills do you take per week?

☐ 2 or fewer

☐ 3-5

☐ 6-9

☐ 10 or more

b. Does your multi-vitamin include the following nutrients? (Please check label.)

Selenium

☐ No

☐ Yes

Iron

☐ No

☐ Yes

Lycopene

☐ No

☐ Yes

33. **NOT counting multi-vitamins reported above**, do you regularly take any of the following supplements, individually or in combinations? (If yes, please mark pills **per week** and amount in **each pill**. If you take a supplement with more than one vitamin, please repeat information for each vitamin.)

		Pills Per Week	Amount in Each Pill
Vitamin C	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 450 mg or less <input type="checkbox"/> 500 mg or more <input type="checkbox"/> Don't know
Vitamin E	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 250 IU or less <input type="checkbox"/> 300 IU or more <input type="checkbox"/> Don't know
Selenium	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 135 mcg or less <input type="checkbox"/> 140 mcg or more <input type="checkbox"/> Don't know
Folic Acid	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 300 mcg or less <input type="checkbox"/> 350 mcg or more <input type="checkbox"/> Don't know
Vitamin B ₁₂	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 200 mcg or less <input type="checkbox"/> 250 mcg or more <input type="checkbox"/> Don't know
Calcium (Include Calcium in Tums, etc.) (1 Tums = 200 mg elemental calcium)	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 350 mg or less <input type="checkbox"/> 400 mg or more <input type="checkbox"/> Don't know
Vitamin D (In Calcium supplement or separately)	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 350 IU or less <input type="checkbox"/> 400 IU or more <input type="checkbox"/> 1000 IU or more
Glucosamine	<input type="checkbox"/> No <input type="checkbox"/> Yes →	<div><div></div><div></div><div></div></div> →	<input type="checkbox"/> 400 mg or less <input type="checkbox"/> 500 mg or more <input type="checkbox"/> Don't know

34. Have you ever taken the following types of omega-3 supplements at least once per week? Include all forms (such as pills, powders and liquids). (If **NO**, leave blank.)

Fish Oil

☐ Yes, currently use →

☐ Only took in past

Days per week?	Years taken in lifetime?
<input type="checkbox"/> 1-3	<input type="checkbox"/> 0-2
<input type="checkbox"/> 4-6	<input type="checkbox"/> 3-5
<input type="checkbox"/> 7	<input type="checkbox"/> 6+

Flax Seed

☐ Yes, currently use →

☐ Only took in past

Days per week?	Years taken in lifetime?
<input type="checkbox"/> 1-3	<input type="checkbox"/> 0-2
<input type="checkbox"/> 4-6	<input type="checkbox"/> 3-5
<input type="checkbox"/> 7	<input type="checkbox"/> 6+

Thank you for your quick response.

Please return questionnaire in the postage-paid envelope provided to:
CANCER PREVENTION STUDY, PO Box 64735, St. Paul, MN 55164-9836