

**Cancer Prevention
Study-3** research today for a
cancer-free tomorrow

CANCER PREVENTION STUDY-3

Summer 2021 Newsletter



Summer 2021

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A Note From the Principal Investigator

I hope this newsletter finds you safe and well during these unusual times. The past year has been one of the most challenging in the history of the American Cancer Society, as the effects of the COVID-19 pandemic have impacted our work in so many ways. But our commitment to understanding the causes of cancer, finding ways to better prevent it, and improving the lives of cancer survivors after their diagnosis is stronger than ever. You, our dedicated participants, are vital to this work and we remain grateful for your shared commitment in our mission.

Here are a few 2020 CPS-3 accomplishments made possible by you!

- ▶ We've successfully launched the test phase of our new CPS-3 participant portal and are now actively expanding that effort.
- ▶ We have continued with our new sub-studies, including collecting device-based physical activity data and testing the process to collect stool sample data for the gut microbiome sub-study.
- ▶ We launched our latest follow-up survey in March 2021, through which we collect a wide range of updated lifestyle and medical information from all CPS-3 participants.

As always, you can read more about these and other CPS-3 activities on cancer.org/cps3.

In this newsletter, we will introduce you to our new CEO, Dr. Karen Knudsen, and share the reasoning behind certain questions that were included on the recent 2021 CPS-3 survey. We will also share some of the impact the COVID-19 pandemic has had on cancer over the last year.

Since cancer death rates peaked in 1991, we have seen a 31% decline in deaths from the disease thanks to better prevention, earlier detection, and improved treatments for cancer. While we celebrate the progress we have made, our work is far from done. Thank you for all that you have done and continue to do alongside the American Cancer Society in the fight against cancer.

Sincerely,

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



2021 CPS-3 Survey Update

One-third of CPS-3 participants responded to the 2021 CPS-3 survey. That's over 75,000 completed surveys between March 29 and May 31. Please take the time to complete your survey (online or on paper) if you have not already done so.

American Cancer Society Welcomes Dr. Karen Knudsen as CEO

The American Cancer Society is pleased to share that Karen E. Knudsen, MBA, PhD, began her tenure as the organization's chief executive officer on June 1. Dr. Knudsen also serves as the top staff executive of the organization's advocacy affiliate, the American Cancer Society Cancer Action NetworkSM (ACS CAN). She took the reins from the recently retired Gary Reedy, who served as CEO for both organizations from 2015 to 2021.

Dr. Knudsen is an accomplished researcher, innovative health care executive, dynamic leader of a prestigious cancer center, and true thought leader in the fight against cancer. She is the first woman to lead the organization and the first scientific and oncology researcher to serve as the American Cancer Society's top staff executive in the modern era.

Prior to joining the American Cancer Society, she served as executive vice president of Oncology Services and enterprise director for Sidney Kimmel Cancer Center at Jefferson Health, one of only 71 National Cancer Institute-designated cancer centers recognized for its research and impact on cancer outcomes.

"As a researcher and experienced health care executive, I've experienced firsthand how the American Cancer Society improves



the lives of cancer patients and their families through discovery, advocacy, and direct patient support," Dr. Knudsen said. "There is no doubt American Cancer Society research improves lives, and large-scale studies like CPS-3 are incredibly important in helping us understand the factors that influence cancer risk."

We are honored to welcome Dr. Knudsen to the American Cancer Society and ACS CAN team!

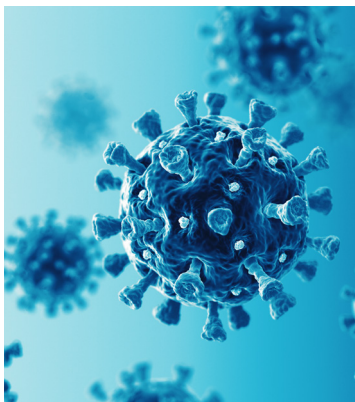
How were 2021 Survey questions selected?

The 2021 CPS-3 Survey includes some questions that are new and others that you may recognize from previous surveys. Surveys like this are sent to participants every three years to reflect changes in typical lifestyle patterns, which is why we update information like diet, physical activity, and weight, as well as ask about new relevant topics like the COVID-19 pandemic. These data will help us understand how new and changing exposures affect cancer risk, detection, survivorship, and survival. This periodic process of asking questions and updating answers allows us to see how changes over time in lifestyle, behaviors, and health, as well as changes in the environment, affect the risk of developing or dying from cancer and other diseases.

The CPS-3 2021 survey includes many COVID-19 questions and quality of life/social support questions. The two articles on page 3 will focus on the importance of these questions in cancer research.



COVID-19 and Cancer



Over 600,000 lives have been lost to COVID-19 since March 2020 in the US; unfortunately, this is not where the toll of COVID-19 ends. Because of pandemic-related reductions in access to health care and cancer screenings, many people experienced delays in routine cancer screenings for breast, cervical, colorectal, and lung cancers. These cancer

screening delays mean that some cancers may go undiagnosed and untreated and could advance to later stages, that become harder to treat. The American Cancer Society is leading a nationwide initiative to educate the public and raise awareness about the importance of timely cancer screenings.

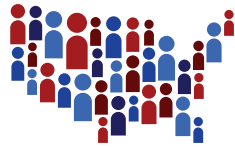
The COVID-19 pandemic has also highlighted health disparities that we have known about for years. We know that cancer is a disease that can affect anyone, but it doesn't affect everyone equally. There are many complex structural and social factors that can impact a person's ability to prevent, find, treat, and survive cancer; factors such as racism, discrimination, poverty, lack of access to healthy and affordable foods, geographic location, or inadequate pay. We learn more and more about cancer every day, and it's clear that these systemic factors, along with our genetics, contribute to our health by affecting our ability to make healthy choices. For example, many people's health insurance status is tied to their jobs, and the loss of health coverage during periods of high unemployment like we experienced this past year has a significant impact on people's ability to access early detection and timely treatment. While the American Cancer Society has long been committed to reducing health disparities, the pandemic has strengthened our commitment to addressing these structural and social factors that are essential to reduce the burden of cancer in the US.

Quality of Life and Social Support

To better support the needs of those diagnosed with cancer, it is important to improve our understanding of how cancer and its treatments affect quality of life over time. Quality of life includes physical, cognitive, spiritual, and social elements and represents someone's perceived overall health status and well-being. Many different things can affect our quality of life, such as being diagnosed with a new health condition, experiencing the death of a loved one, or dealing with stresses at home or in the workplace. Prior research suggests that social support is related to physical and mental health as well as the development of serious health conditions, including cancer and cardiovascular disease. Researchers are now beginning to address our understanding of how and why different elements of an individual's quality of life before cancer are related to the development of cancer, the progression of cancer, and why certain people do better or worse during and after cancer treatment.



In past studies at the American Cancer Society, researchers have examined quality of life in the nine years after a cancer diagnosis in order to learn how to better support the unique needs of survivors, but to be able to fully understand any changes, we need to know quality of life before a cancer diagnosis so we can compare. Thus, including questions about these different aspects of health in CPS-3 will allow for many exciting discoveries that ultimately will improve cancer care.



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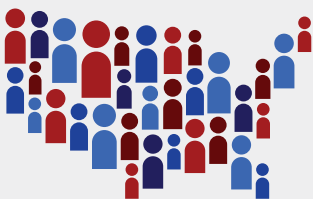
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CPS-3 Participant Portal

In 2020, we randomly selected 3,000 CPS-3 participants to register and join the new CPS-3 participant portal. This secure web-based platform was specifically created to enable better communication between CPS-3 participants and the research team. It is a place where you can find out about our latest research, volunteer for optional sub-studies, engage in more frequent, shorter surveys, and more.

Over the next two years, we will be inviting all CPS-3 participants to join the online portal. Registering for the portal is optional, and if you choose not to join, you will continue to receive CPS-3 communications via email or mail as you have before. Starting this July and throughout 2022, please keep an eye out for email invitations to join the new participant portal.



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Contact Us:

For any questions related to CPS-3, including change of address or other contact information, please call us at **1-888-604-5888** between 9 a.m. and 5 p.m. ET Monday through Friday or email us at **cps3@cancer.org**. All inquiries will be answered promptly.

We're also available at **cancer.org/cps3** and **facebook.com/supportCPS3**.

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** or call us at **1-800-227-2345**.