

December 2022

E-NEWSLETTER



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The holidays are a time to relax, recharge, and reflect. As we reflect on our year, we are thankful for your role in many Cancer Prevention Study-3 (CPS-3) accomplishments. We have successfully launched the HEALED (Health and Energy through Active Living Every Day) sub-study, expanded the number of people using the CPS-3 Participant Portal, received significant amounts of self-collected information on activity and the gut and oral microbiomes, and published impactful research findings. Your dedication to help move our research forward has been instrumental in advancing the goal of ending cancer as we know it, for everyone.

Your commitment inspires our research staff, and we are excited for the study opportunities that will be available in 2023. Happy holidays to you and your family and all the best for the new year.

Study Updates | 2022 Achievements



2021 Follow-up Survey

We are close to completing our 2021 CPS-3 follow-up survey cycle. Thank you to the 151,000 participants who have already completed the survey. If you haven't yet, it's not too late. The 2021 follow-up survey will be available online until December 31, 2022. After that date, you will still be able to return your paper survey by mail until March 31, 2023.

Study Updates (continued)



Participant Portal

The new participant web portal is available to all CPS-3 participants! Currently, over 66,000 participants are registered. We encourage all participants to join so you can participate in short, topic-specific surveys; have the opportunity to enroll in innovative sub-studies; and receive dynamic information on CPS-3 research findings. We designed this portal to help enhance your experience as a CPS-3 participant. For more information and instructions on how to register, please visit our website. If you've already registered, access your account by logging in at any time.



Accelerometry

We've just wrapped up invites for 2022. Over 18,000 participants have registered for this sub-study and have provided valuable data to help us better understand how physical activity and sedentary behavior affect cancer risk. We will resume invitations in January 2023 through summer 2023 to reach our goal of collecting device-based activity data from 20,000 participants. If you have not yet been invited, look for an invitation by email next year.



HEALED

We have successfully launched a new year-long physical activity intervention sub-study called HEALED (Health and Energy through Active Living Every Day), led by Erika Rees-Punia, PhD, MPH. For this sub-study, we invited cancer survivors through the CPS-3 portal to test if using the HEALED website can increase physical activity, and over 400 cancer survivors enrolled. As part of this sub-study, participants wear an activity monitor and keep a diary for seven days four different times throughout the year. They also complete periodic surveys while actively engaging on the HEALED website. We look forward to sharing more information on this sub-study soon.

Why I Signed Up for CPS-3?

While there are many reasons why people may volunteer for a decades-long research study like CPS-3, many of you have been kind enough to reach out and tell us why you were inspired to join and why you continue to participate in surveys and enroll in new sub-studies. Below are just a few of the many stories we received.

"I am thankful to be a part of the cancer prevention study. My younger sister died of breast cancer at the age of 54. A few years later, my older sister died of colorectal cancer at the age of 62. I am committed to protecting myself and to help in this fight against cancer. Please keep this group going; it's a privilege to be part of it."

"I am a 3x skin cancer survivor. My mother passed from uterine cancer, and her dad passed from stomach cancer. My dad's brother passed from colorectal cancer in his early 60s. As an RN, I'd like to think my small bit of participation may help in finding a cause/cure to cancer so that my children and grandchildren don't die from it."

"The idea of contributing, in any way, to finding an eventual cure for cancer is what inspired me to participate. The collective good is a fulfilling feeling."

-CPS-3 Participants

Meet Our Gut & Oral Microbiome Staff

The Biospecimen group in our Population Science team plays a vital role in managing the Gut & Oral Microbiome Sub-study (GOMS). After the successful launch of the pilot in 2020 and 2021, where we collected over 3,200 stool samples from our CPS-3 participants, we expanded the sub-study to collect paired stool and saliva samples from an additional 10,000 participants for the 2022-2023 collection cycle. These samples will provide a snapshot of a participant's unique gut and oral microbiomes.



Pictured front row (left to right): Cari, Becky and Caroline
2nd row: Darcy, Grace and Elizabeth

Led by Caroline Um, PhD, MPH, RD, the other core members of this team are Cari Lichtman, Elizabeth Bain, Becky Hodge, Darcy Millard, and Grace Nguyen. Together, they manage and coordinate each step of the study process for the GOMS collection kits, survey development, data processing, and analysis. Thanks to our participants and the hard work of this diligent team, we've already enrolled over 3,000 participants, and will continue to send out invitations starting in February 2023.

"The CPS-3 GOMS sub-study will advance our understanding of how the gut and oral microbiomes may be related to health and risk of cancer. To study this, we need many participants since the microbiome is highly individualized. The samples donated by CPS-3 participants are invaluable and will help us examine the role of gut and oral bacteria in cancer prevention, risk, and survivorship."

-Dr. Caroline Um

Cannabis Use & Smoking Cessation in CPS-3

Cigarette smoking continues to be a major public health issue that has a significant impact on a person's health. Millions of people live with a disease or health complication as a result of smoking, and many people who smoke say they would like to quit.

Many people who smoke cigarettes also use cannabis (commonly known as marijuana), but little is known about the effects of marijuana smoking when trying to quit cigarette smoking. In a [recent study](#) led by J. Lee Westmaas, PhD, we analyzed data from CPS-3 to understand if smoking cannabis makes it harder for people who smoke cigarettes to quit.

Smoking cannabis might act as a trigger or a cue to make a person also want to smoke cigarettes because both involve holding a smoldering product in the hand and inhaling, and both act on the same biological systems to increase feelings of pleasure. It has also been suggested that using one intensifies the effect of the other, making each more potent. Quitting cigarettes is very important for reducing cancer risk, and our researchers wanted to know if people who are trying to quit should stop using cannabis to increase their chances of quitting cigarettes. Our researchers were also interested in whether the frequency with which people smoke cannabis is important in predicting if an attempt to quit cigarettes will be successful.



The results showed that people who reported never using cannabis on their CPS-3 baseline survey had the same likelihood of quitting cigarettes by the 2015 follow-up survey as those who reported recent or former cannabis use. These results suggest that cigarette smokers who want to quit need not be concerned about whether their cannabis use might affect their ability to quit cigarettes. However, there could still be some negative health effects of smoking cannabis, especially for cancer survivors, as smoking cannabis can expose a person to some of the same carcinogens and other toxicants that occur from smoking cigarettes. In future analyses, we hope to be able to determine what health effects using cannabis might have, both physically and psychologically, especially among cancer survivors, who may be using cannabis to alleviate pain and/or other effects of treatment.

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**.