

December 2024 E-newsletter



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Happy Winter!

As we close out 2024, we want to extend our sincerest gratitude to all of our participants. We've successfully completed another year in the Cancer Prevention Study-3 (CPS-3), and that is all because of you!

Since we launched the CPS-3 Repeat Blood Collection Substudy this spring, over 4,000 participants have enrolled. Our goal is to enroll 10,000 participants.

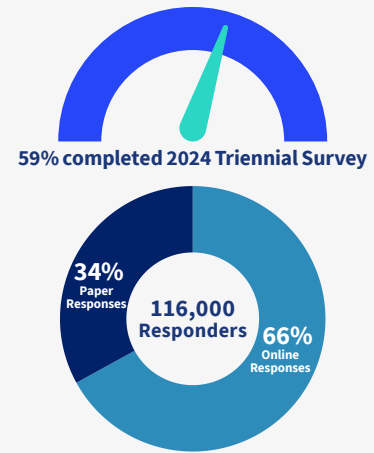
Furthermore, to improve our research capabilities, we have transitioned to a new portal platform for CPS-3 to provide a better experience for participants, and over 65,000 people have joined so far. Additionally, we launched VOICES of Black Women this year, which is a long-term study that will help us better address cancer-related health inequities among Black women in the United States. We expect to enroll at least 100,000 Black women in the study over the next few years.

We look forward to reaching new milestones in 2025. Have a safe and happy holiday season!

2024 Triennial Survey

Since the launch of the CPS-3 2024 Triennial Survey in March, over 116,000 participants have dedicated their time to completing the survey. The data gathered from the triennial surveys are the foundation of our cancer prevention and survivorship research.

If you have not yet completed your 2024 triennial survey, we will mail you another paper version in January. You will have an opportunity to return the survey using the prepaid return envelope or completing it online using the instructions provided.



Repeat Blood Collection Substudy



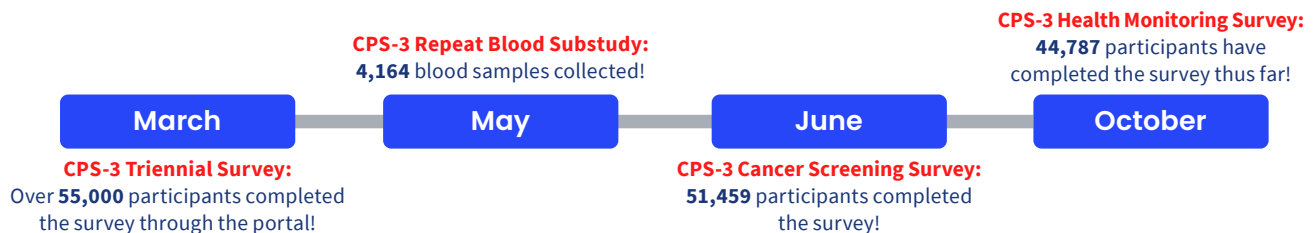
The CPS-3 Repeat Blood Collection Substudy that launched this spring is well underway! CPS-3 participants who are registered for the portal and have completed their 2024 Triennial Survey are being invited at random over the next two years to provide a one-time blood draw. So far, over 4,000 CPS-3 participants have completed the collection, meaning we are more than 40% of the way to our 10,000-participant goal!

If you are registered for the CPS-3 participant portal and have completed your 2024 Triennial Survey, keep an eye on your email inbox as invitations are being sent on a

random, rolling basis throughout 2025. Once you agree to participate in the substudy, you will receive a blood collection kit in the mail and schedule an appointment with Labcorp to have your blood drawn and biometric measurements (weight and height) taken. You will then take a brief survey on the participant portal within 24 hours of your appointment. Visit our [website](#) and [FAQs](#) to learn more about this substudy.

Thank you to everyone who has already participated in this important research. We could not do any of this without you!

2024 CPS-3 Participant Portal Highlights



CPS-3 portal participants are only 20% of the entire CPS-3 population, but we thank you for going above and beyond to help us accomplish each of the 2024 highlights! It has been an incredible four years since we first launched the CPS-3 participant portal, with the goal of offering a new way to engage with CPS-3 participants and make an even bigger impact on cancer research. Currently, **over 65,000 CPS-3 participants** are registered for the portal. With your dedication to CPS-3, the participant portal has become a vital resource to expand our work on cancer

prevention, survivorship, and the progress to end cancer as we know it, for everyone. The portal will continue to expand and be used for future substudies, short surveys, and triennial surveys.

If you are not yet registered for the portal and are interested in joining this important initiative for 2025, please [activate your portal account here!](#)

To learn more about the portal, [check out this article](#) or browse our [FAQs](#).

New CPS-3 Cancer Survivors Research

Cancer survivorship focuses on individuals from the time of a cancer diagnosis through the rest of their lives. It is estimated that there are over 18 million cancer survivors (and growing) in the United States, thanks to improvements in early detection and innovative treatment. By better understanding what is related to improved quality of life and survival for individuals with a history of cancer, we can provide information and tools to this important population. To that end, in 2025 we will be inviting CPS-3 participants who have reported being diagnosed with cancer to provide additional detailed information about their health. For example, we want

to understand treatment-related side effects, quality of life, cognitive assessment, health care utilization, risk of recurrence, and more.

This new information will allow us to expand our research impact by providing new insights on how we can improve the lives of people with cancer after diagnosis. If you are a cancer survivor and interested in providing this type of information in support of our research, please make sure you have a participant portal account as these questions will be included along with routine portal surveys. We look forward to launching this new content next year.

CPS-3 2024 Research Highlights

Findings from the Cancer Prevention Studies are shared with the broader scientific and medical community by publishing studies in peer-reviewed journals and through

presentations at national or international scientific conferences. Following are some highlights from CPS investigators in 2024:

A Population-level Digital Histologic Biomarker for Enhanced Prognosis of Invasive Breast Cancer

What did we do? If a CPS participant is diagnosed with breast cancer, we ask for permission to collect tumor tissue. Some of this tissue is put on slides that we scanned to create digital images of the cancer. Using deep machine learning, we studied healthy and cancerous cells and tissue to look for patterns that can help better predict survival.

What did we find? The deep learning signature we examined consistently predicted survival from breast cancer better than a pathologist's grading of the microscopic appearance of breast cancer tissue alone.

Why is that important? Deep machine learning methods like the one we tested can support pathologists as they examine breast cancer tissue and help better predict patient outcomes. Ultimately, this new model could provide patients diagnosed with breast cancer with a more accurate estimate of the risk of death associated with their disease, empowering them to make informed decisions about their clinical care.

Visit [here](#) to access the article.

Physical Activity and Pain in People With and Without Cancer

What did we do? Being physically active has many benefits for cancer survivors, but it is unclear whether physical activity can reduce cancer-related pain. We examined whether physical activity was related to pain among individuals with and without a history of cancer in CPS-II.

What did we find? We found that people with a history of cancer often experience ongoing pain, and physical activity may reduce how much pain they experience.

Why is that important? Pain due to cancer and its treatments is one of the most common symptoms reported by people living with cancer. About 55% of cancer survivors report pain, so finding non-pharmaceutical ways to reduce pain is important. We will build upon this finding by collecting more detailed information in CPS-3 to increase our understanding of how to improve the quality of life among individuals living with cancer.

Visit [here](#) to access the article.

Length of Overnight Fasting and 6-year Weight Change in the Cancer Prevention Study-3

What did we do? Some studies suggest that longer overnight fasting may be a potential strategy for weight control. Therefore, we examined whether length of overnight fasting was related to weight gain over a three- and six-year period among CPS-3 participants.

What did we find? Using the 24-hour meal and snacking time and frequency grid completed by CPS-3 participants, researchers found that longer overnight fasting was related to a slightly lower body weight.

Longer overnight fasting may have a modest impact on weight control over time.

Why is that important? Excess body fatness has been conclusively linked to a higher risk of at least 13 types of cancer. Finding ways to help individuals with weight control over time can have important benefits to cancer prevention. Visit [here](#) to learn more about cancer prevention through healthy eating and active living.

Visit [here](#) to access the article.

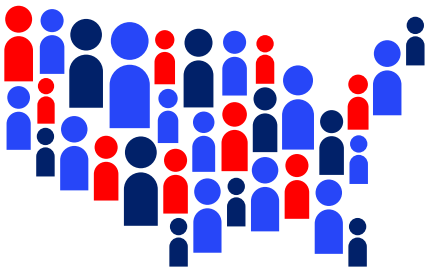
Sleep and Cancer Mortality in Cancer Prevention Study-II

What did we do? Sleep is a multidimensional activity vital to human health. There is limited information about how sleep may affect cancer risk and prevention. To explore how the amount of sleep we get is related to cancer risk, we examined these relationships in CPS-II participants.

What did we find? Compared to seven or eight hours of sleep per night, shorter (less than six hours) and longer sleep duration (more than eight hours) were related to a slightly higher overall cancer risk. The excess risk was more clearly observed among men compared to women and appeared to be stronger for lung cancer and colorectal cancer compared to other cancer types.

Why is that important? Sleep is important in regulating many bodily functions. While the amount of sleep a person gets is one aspect of sleep, understanding sleep duration and sleep quality can provide better insights into how to prevent diseases like cancer. To build on this CPS-II work, we expanded the types of data collected related to sleep in CPS-3 participants, which will be critical to further understanding the role of sleep in cancer prevention.

Visit [here](#) to access this article.



Cancer Prevention Study-3

research today for a **cancer-free** tomorrow

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 (Option 3)** Monday-Friday 9 a.m. – 5 p.m. ET or email us at cps3@cancer.org.

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

For the latest cancer information and answers, visit cancer.org or call us at **1-800-227-2345**.