

CPS-3 Newsletter



Volume 01
Spring 2008

Cancer Prevention Study-3

Welcome to the first edition of the Cancer Prevention Study-3 (CPS-3) annual newsletter, and thank you! By participating in CPS-3 you are helping us create a future where cancer is no longer a life-threatening disease. The purpose of this newsletter is to provide our CPS-3 participants with timely information about CPS-3, update you on findings from our ongoing study Cancer Prevention Study-II (CPS-II), and tell you what to expect in the years ahead.



Department of Analytic Epidemiology

Cancer Prevention Study-3 Enrollment Update

Enrollment for CPS-3 began in 2006 with six pilot events in three states. Over the past two years, the American Cancer Society has conducted a total of 74 CPS-3 enrollment events around the country. The majority of these enrollments took place at the American Cancer Society signature fundraising event, Relay For Life®, including Celebration on the Hill™, a Society event that brought hundreds of cancer advocates to the nation's Capitol in 2006. To date, including the relatives of Cancer Prevention Study-II (CPS-II) participants, over 23,000 people have enrolled in this new study.

More than 115 CPS-3 enrollments are scheduled in 2008 at Relay For Life events in 19 states and Puerto Rico. As a



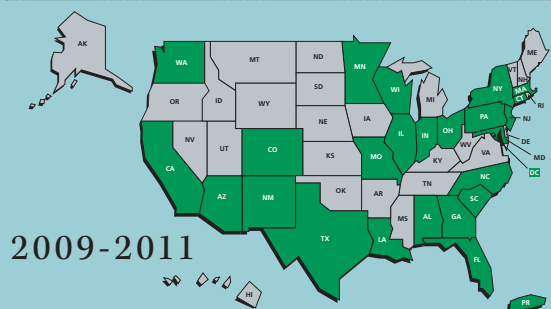
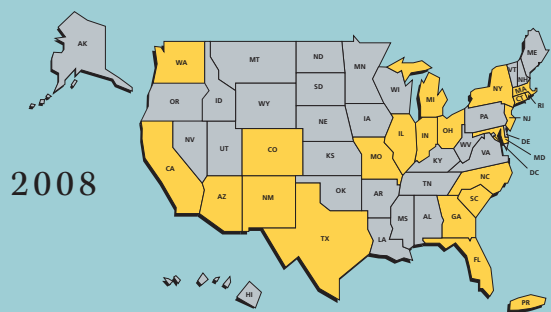
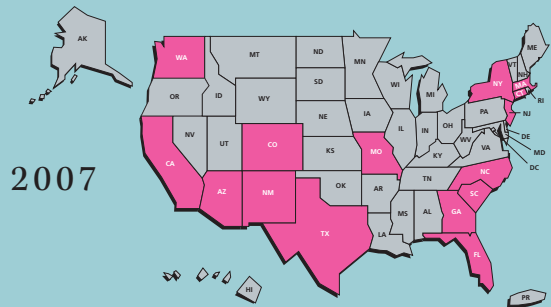
current CPS-3 participant, you can play a role in helping to promote CPS-3 as a once-in-a-generation opportunity to be involved in critical cancer research conducted by the American Cancer Society. Please encourage friends and family to enroll in CPS-3 at a Relay For Life event near them. For more information about the enrollment opportunities scheduled for 2008, please visit www.cancer.org/cps3.

In 2009, CPS-3 enrollments will be held at Relay For Life events in 25 states, with enrollment of the full 500,000 study participants projected to be complete by the end of 2011.



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Get Physical! And Lower Cancer Risk



Engaging in regular physical activity and being less sedentary are proven ways to reduce the effects of a number of ailments. A collection of studies led by the American Cancer Society's Alpa Patel, PhD, strategic director of Cancer Prevention Study-3, shows that physical activity can help reduce your risk of developing several kinds of cancer.

Using data from CPS-II, researchers found a woman's risk of developing breast cancer is approximately 30 percent lower if she engages in regular physical activity. Regular exercise and physical activity also significantly reduce the risk of colon cancer in both men and women and offer a 30 percent reduction in aggressive prostate cancer rates for men. In addition, studies indicate that sedentary behavior increases the risk of pancreatic cancer in both men and women and raises a woman's risk of ovarian and endometrial cancer.

The bottom line is that moving more and sitting less are both very important to your overall health – not only to help prevent weight gain, but also to reduce the risk of cancer and other diseases, including type 2 diabetes and cardiovascular disease. The American Cancer Society recommends that adults engage in at least 30 minutes or more of moderate activity on five or more days of the week. Bumping up the duration and intensity of your exercise to 45 minutes of moderate to vigorous activity on five or more days per week may further reduce your risk for various types of cancer.

The Cancer Prevention Studies Legacy

The American Cancer Society first began conducting follow-up studies such as CPS-3 in the 1950s. For these studies, large groups of individuals were recruited through a successful partnership between American Cancer Society researchers and volunteers. The commitment of the study participants and the volunteers who recruited them has been vital to the success of these studies.

Past long-term American Cancer Society follow-up studies have played a major role in the Society's work in cancer prevention, as well as in other national and international efforts in the fight against this disease. More than 300 scientific articles by American Cancer

Society epidemiologists have been published from these studies, and findings have significantly contributed to tobacco-related research, as well as the understanding of obesity, diet, physical activity, hormone use, air pollution, and various other exposures in relation to cancer and other diseases.

Cancer Prevention Study-II (CPS-II) includes 1.2 million people throughout the United States and is ongoing. Though the population is aging (the average age of participants is 77), valuable research is still being conducted using information provided by this group. The articles in this newsletter highlight some of the most recent findings from CPS-II data.

CPS-II Findings: Long-term Adult-strength Aspirin Use May Lower Cancer Risk



A recently published analysis from Cancer Prevention Study-II reveals that people who used adult-strength aspirin (325 mg or more) daily for five or more years had a slightly lower overall risk of developing cancer than people who did not use any aspirin. In particular, aspirin users had a lower risk of developing colon and prostate cancers. Because aspirin can cause serious side effects, such as gastrointestinal bleeding, the American Cancer Society does not at this time recommend daily aspirin use to prevent cancer.

Eric Jacobs, PhD, strategic director of pharmacoepidemiology at the American Cancer Society and lead author on the

study, stated, “If further research confirms that daily adult-strength aspirin can meaningfully reduce the risk of some types of cancer, it might eventually lead physicians to reconsider the best dose for people who already take aspirin to prevent heart disease in order to also lower their risk for cancer.”

The analysis from CPS-II, “A Large Cohort Study of Long-term Daily Use of Adult-strength Aspirin and Cancer Incidence,” appeared in the April 2007 issue of *Journal of the National Cancer Institute*.

Excess Weight Linked to More Aggressive Prostate Cancer

Data from CPS-II helped establish a link between aggressive prostate cancer and excess weight in men. Approximately 70,000 men who participated in CPS-II – including 5,252 who were diagnosed with prostate cancer over a span of more than 10 years – provided information that allowed researchers to compare prostate cancer by stage and grade of the disease.

Men who were overweight or obese were more likely to be diagnosed with a more aggressive prostate cancer. However, men who lost more than 11 pounds during 21 years of the study were 42 percent less likely to develop an aggressive form of prostate cancer, compared to those whose weight remained unchanged.

“Our study adds to increasing evidence of the importance of maintaining a healthy body weight throughout adult life,” said Carmen Rodriguez, MD, MPH, strategic director of the American Cancer Society biospecimen repository and a lead investigator on the study.

“Although our study suggests that weight loss may lower the risk of aggressive prostate cancer, given the difficulty in losing weight, emphasis should be put on the importance of avoiding weight gain to reduce the risk of cancer.”

The study, “Body Mass Index, Weight Change, and Risk of Prostate Cancer in the Cancer Prevention Study-II Nutrition Cohort,” appeared in the January 2007 issue of *Cancer Epidemiology Biomarkers and Prevention*.

A person’s body mass index (BMI) is a measure of body weight relative to height. A BMI that indicates

overweight or obesity has been associated with a higher risk of being diagnosed with cancer and dying from the disease. Weight gain has been associated with increased breast cancer risk in postmenopausal women while weight loss has been associated with decreased breast cancer risk in the same group.

Check the chart below to determine if you have a healthy BMI. Looking for ways to lower your BMI? The Great American Health Challenge® can help you take control of your health and adopt healthy lifestyle behaviors to reduce your cancer risk. Learn more at www.cancer.org/greatamericans.

	Body Mass Index													
	19	20	21	22	23	24	25	26	27	28	29	30	35	40
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Source: World Health Organization

Overweight Obese

Have You Submitted Your Survey?



If you began your enrollment in CPS-3 at a Relay For Life event (including Celebration on the Hill and Relay For Life summit events), you have not completed enrollment until you submit the baseline survey. Your baseline survey was mailed to your home after you provided a blood sample. This comprehensive baseline survey provides researchers with extremely valuable information about your medical history

and lifestyle that can be used to better understand this disease.

As you know, the purpose of CPS-3 is to understand the causes of cancer; only then can we understand how to **prevent** cancer. Without the questionnaire data about your lifestyle and environment, we will not have the information we need. We appreciate the time and effort you devote to this study. Please remember that every single response is important, and both the value and accuracy of the study depend on a high response rate to these mailed questionnaires. If you haven't already done so, please take the time to complete the survey that was mailed to you. If you prefer, you can also complete the survey online. Instructions for the online survey are available on the paper survey you received in the mail. If you need help or a new survey, contact us at www.cancer.org/cps3.

Contact Information

For cancer information and resources 24 hours a day, seven days a week, call 1-800-ACS-2345 or visit our Web site at www.cancer.org.

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