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.

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.
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.
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.


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.
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.