



# CANCER PREVENTION STUDY-3

Research today for a cancer-free tomorrow.

Spring 2015

## A Note from the Principal Investigator

Dear Cancer Prevention Study-3 Participant,

I'm excited to share a number of follow-up activities that will be happening with CPS-3 this year. Each activity adds to the invaluable data and blood samples we collected from our participants during enrollment and positions us to do innovative and exciting research in the years ahead. Here's what you can expect for CPS-3 in 2015.

In May, we're mailing a follow-up survey to everyone who enrolled and returned their baseline survey. This 20-page survey will ask a wide range of lifestyle and medical questions and include new areas of research such as e-cigarettes and marijuana use. There will also be a food frequency questionnaire (FFQ) to find out what you're eating. The information from the FFQ will help us study how diet may influence the risk of developing or dying from cancer. Please complete the survey as soon as possible after you receive it to ensure a high response rate, which strengthens the value and accuracy of study results. To make it as convenient as possible for you, you can complete a paper or online version of the survey.

A small number of CPS-3 participants will be invited to participate in two sub-studies that we'll be conducting this year – the diet sub-study and the activity, sleep, and light sub-study. The purpose of the sub-studies is to compare how people answer survey questions related to these factors to more objective measures (such as activity diaries and monitoring devices, diet interviews, and blood and urine samples). The sub-studies will ensure that the information captured from the comprehensive survey is reliable and high-quality.

We're also working on our first study using blood samples from CPS-3. The question we're asking is how some genes related to smoking cigarettes influence a person's ability to successfully quit smoking. The findings from this study may suggest new potential targets for drugs to aid in smoking cessation.

In the pages that follow, you can read more about the Cancer Prevention Studies. Thank you for your commitment to helping us better understand the causes of cancer and how to prevent it.

Sincerely,

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



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# PROTECTING YOUR PRIVACY

Protecting your privacy is one of the American Cancer Society's top concerns. There are many processes and procedures we use to safeguard the information you provide for the Cancer Prevention Study-3 including, but not limited to:

- Your name, address, and all other personally identifying information are kept separate from other information you provide to the study.
- Everyone who has access to your data obtained through the study is required to sign a Pledge of Confidentiality and undergo biomedical research ethics and privacy training on a routine basis.
- Scientific and other publications include only grouped analyses from which individuals can't be recognized.
- Passwords are required to protect all electronic data, and paper records are kept in locked and secure locations accessible by a limited number of key staff.

In addition, the United States National Institutes of Health has issued the Society a Certificate of Confidentiality ("Certificate"), which protects data that could be used to identify you, such as your name or address. The Certificate permits Cancer Prevention Study researchers to legally object to disclosing any identifying information about your participation in this study, unless you request or consent in writing to the release of your information. For example, if the Society receives a subpoena for study records that identify you, we can refuse to disclose your information in most cases.

However, the Certificate doesn't prevent Cancer Prevention Study researchers from voluntarily disclosing your information in some situations. The researchers may also disclose information as outlined in the informed consent form that you signed when you enrolled in CPS-3. Finally, it also doesn't prevent you or someone other than you from disclosing your information. This means that you and your family must take active steps to protect your own privacy.

## Collecting Cancer Tumor Tissues

Since the 1950s, the information provided by Cancer Prevention Study participants has contributed to our understanding of factors related to cancer. Today, we can gain even deeper insight into how different factors affect cancer risk by looking at the molecular makeup of different tissues. This is done through the collection of tissue samples following surgery. Those samples are stored in the hospital where the surgery occurred, and they are used to measure molecular tissue markers to better understand and prevent some types of cancer.

We plan to contact participants in CPS-3 who report certain cancer diagnoses on the 2015 Follow-up Survey to see if they're willing to let Society researchers use their tissue for further study. If you're asked to participate, you'll receive more information, including a consent form to sign. If you provide your consent, we can obtain your medical record and tissue sample. Please give the request your full consideration, and contact us with any questions you may have.



## WHAT'S NEXT FOR THE CANCER PREVENTION STUDIES

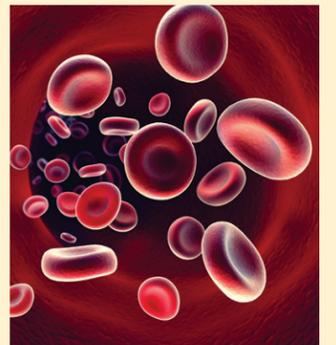


### Research in Hematologic (Blood) Cancers

As a group, the blood cancers (lymphoma, leukemia, and myeloma) are one of the top five most common cancers in the United States. Risk factors vary by disease sub-type and include race, some infections, and severe disruption of immune function (like with HIV infection or inherited immune system disorders). Other risk factors for these cancers have yet to be confirmed.

Over the past five years, Lauren Teras, PhD (pictured here), American Cancer Society director of Hematologic Cancer Research, and colleagues have used Cancer Prevention Study-II (CPS-II) data and biospecimens to understand more about blood cancers. In that time they've made important contributions to science about the causes of these cancers. The good news is that many of the risk factors identified are preventable. Here are four interesting findings from the early studies of blood cancers in CPS-II:

1. Longer time spent sitting was associated with higher risk of multiple myeloma.
2. Exposure to secondhand smoke was associated with an increased risk of follicular lymphoma.
3. Recent trends demonstrate that both men and women are waiting until they are older to have children. Having an older father at birth was associated with risk of blood cancer, while the mother's age is unrelated.
4. Epstein-Barr virus (EBV) is considered to be a cause of rare types of lymphoma, but results from CPS-II suggested that EBV also may be a risk factor for more common types of non-Hodgkin lymphoma.



### Colorectal Cancer Survival

There are more than one million colorectal cancer survivors in the United States. To date, the only established predictors of survival are those that relate to tumor characteristics such as tumor stage and grade. Six studies led by CPS investigators Peter Campbell, PhD, and Marji McCullough, ScD, RD, along with doctoral student Baiyu Yang, used the rich data collected in CPS-II to better understand the role of lifestyle factors on colorectal cancer survival among the more than 2,000 participants who had developed the disease. Collectively, results from these studies highlight the importance of following the American Cancer Society guidelines for nutrition and physical activity:

- Individuals who were obese before their cancer diagnosis had a higher risk of dying from all causes, colorectal cancer, and cardiovascular disease compared to individuals with a normal weight.
- Being physically active before and after a colorectal cancer diagnosis was associated with lower risk of dying from all causes and cardiovascular disease.
- Leisure time spent sitting for six or more hours per day was associated with a higher risk of dying from all causes.
- Higher red and processed meat intake before diagnosis was associated with higher risk of dying from all causes.
- Higher intakes of total calcium and milk after a colorectal cancer diagnosis may be associated with lower risk of dying.



Another study also added to the existing evidence that cigarette smoking was associated with a higher risk of death from all causes and colorectal cancer specifically. According to Campbell, "These studies make an important contribution to understanding what colorectal cancer survivors can do to improve their overall health and cancer prognosis."



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**If you enrolled and returned your baseline survey,  
please look for your 2015 follow-up survey  
coming in May!**

## Contact Us:

For any CPS-3 related questions, including change of address or other contact information, please call 1-888-604-5888 or email [cps3@cancer.org](mailto:cps3@cancer.org). Both of these forms of communication are monitored daily, and all inquiries are answered promptly.

We're also on social media at [cancer.org/cps3](http://cancer.org/cps3) and at [facebook.com/supportcps3](https://www.facebook.com/supportcps3).

For cancer information, answers, and support 24 hours a day, seven days a week, visit our website at [cancer.org](http://cancer.org) or call 1-800-227-2345.



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