



CANCER PREVENTION STUDY-3

Research today for a cancer-free tomorrow.

Spring 2016

A Note from the Principal Investigator

Dear Participant,

Can you believe that it has been a year since our last newsletter? When I last wrote to you we were preparing to mail our first follow-up survey and gearing up to conduct our first nutrition and physical activity sub-studies.

To date, **66%** of you have completed the 2015 follow-up survey. Please complete and return your survey today!

I am happy to report that we have received follow-up survey responses from 66% of you. However, we want to get as close to 100% as possible, so if you have not returned your survey, please do so as soon as possible.

Our sub-studies successfully launched last June, and participation has been phenomenal. In the following pages, we will share more information about those studies and their importance in continuing the Cancer Prevention Study-3 legacy.

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Cancer Prevention Study-3 Team

As we continue follow-up in the study, I would like to introduce you to some of our CPS-3 staff.

This small but vital subset of the larger group of study investigators works tirelessly to get your questions answered when you call and respond to all email correspondence. They were also behind the scenes – and even on-site – at CPS-3 enrollments across the country. In addition, they manage the sub-studies and many other aspects of ongoing participant activity. Like me, they are passionate about helping free the world from the pain and suffering of cancer.



(L to R): Michael Clark, Ebonee Pope, Nance Joiner, Adrienne Murphy, Ashley Jones, Tiffany Patterson, and Darcy Millard

Looking forward, I want to thank you for your continued participation in CPS-3. I am humbled by your willingness to participate and thankful for the insight we are gaining from each of you. I hope you are aware of the magnitude of your contribution and know that together, we are a united force against all cancers.

With my continued gratitude,



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



Physical Activity and Cancer ... Lessons from the Past and Planning for the Future

The benefits of regular physical activity are extensive, including a lower risk of early death, heart disease, stroke, type II diabetes, and some types of cancer (including colon, breast, and uterine). The American Cancer Society recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week, or an equivalent combination, preferably spread throughout the week. Studies suggest that increasing the level of physical activity to 300 minutes of moderate or 150 minutes of vigorous activity can have an even greater impact on lowering cancer risk. The Society's guidelines also suggest limiting time spent sitting whenever possible. In fact, the Society's Cancer Prevention Study-II (CPS-II) provided the first US- based evidence linking increased sitting time with early death, along with many significant contributions to our understanding of physical activity and cancer prevention.

While CPS-II has highlighted the benefits of being physically active and the harm of excessive sitting, CPS-3 will help further advance our understanding in many different ways. Many unanswered questions related to type, duration, and intensity of physical activity, sedentary behavior, and cancer risk can be addressed in large-scale studies such as CPS-3.



The first step in this new wave of research is to ensure that we are asking the right questions in the right ways. When participants enrolled in CPS-3 and again when they completed the 2015 follow-up survey, they shared information about their usual level of different types of physical activity (standing, walking, exercise, household chores, etc.), sitting time, and sleep.

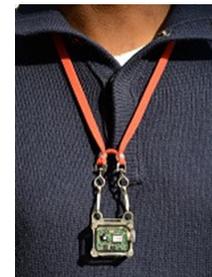
To examine how well this information is being captured, we invited a randomly selected group of 750 CPS-3 participants to enroll in an activity sub-study. After completing the 2015 follow-up survey, these participants were asked to fill out a short survey and record their activity and related behaviors for seven days each quarter of the year. In addition to the activity diary, they were also asked to wear an activity monitor for two of the four quarters. At the end of the year, participants will complete a post-survey. Using all of this information, we will assess how well our general survey questions capture typical behaviors, which is essential to the reliable interpretation of study findings.



**Activity monitor
(worn while awake)**



**Light/sleep monitor
(worn while sleeping)**



**Light/sleep monitor
(worn while awake)**

In addition to physical activity and sitting time, there is also a growing body of evidence associating nighttime light exposure with higher risk of various chronic diseases, including obesity, diabetes, depression, and cancer. This evidence has primarily resulted from studies of shift work as a surrogate measure of nighttime light. CPS-3 is well-positioned to examine different aspects of light exposure, sleep, and work schedules in the future. To prepare for the study of these exposures, 150 participants in our activity sub-study are wearing a photosensor alongside the activity monitor. These monitors and the questions asked on the short sub-study survey together will help determine the best ways to capture this information on future CPS-3 follow-up surveys, and ensure that we are positioned to conduct research that will contribute to the scientific evidence and their potential cause of cancer.



Diet and Cancer Research in the Cancer Prevention Studies: Past, Present, and Future

Did you know that obesity, alcohol, and processed meats are considered established causes of cancer by the World Health Organization (WHO)? CPS-II data, along with data from several other large cohorts throughout the world, contributed to the evidence base that the International Agency for Research on Cancer (IARC), the cancer arm of the WHO, reviewed in reaching these conclusions.

Over the past 30 years, the Cancer Prevention Study-II (CPS-II) cohort has provided important insights on body weight and diet in relation to cancer risk. It is the dedication of our CPS-II participants that helps us to understand causes of cancer and improve public health for future generations.

The American Cancer Society publishes guidelines on nutrition and physical activity every five years, informed by studies from around the world as well as our own research from the Cancer Prevention Studies. Our latest guidelines recommend that individuals:

- 1) Maintain a healthy body weight throughout life.
- 2) Adopt a physically active lifestyle.
- 3) Eat a healthy diet that is rich in vegetables, fruits, and whole grains and low in processed and red meat.
- 4) If you drink alcohol, limit intake to no more than one drink a day for women and two drinks a day for men.

A study using CPS-II data showed that nonsmoking men and women whose diet and lifestyle most closely mirrored Society guidelines on nutrition and physical activity had a 25 to 30 percent lower risk of dying from cancer, a 48 to 58 percent lower risk of dying from cardiovascular disease and a 42 percent lower risk of dying from any cause. These findings underscore the potentially lifesaving role of following the guidelines.

The survey you received last year included a comprehensive measurement of diet, which will allow us to advance our research on how diet may decrease or increase cancer risk. The foods and beverages listed on the 2015 survey came from CPS-3 participants like you who were randomly selected to be interviewed by phone about their diet. To address the current obesity epidemic, the CPS-3 diet survey will also help us to identify optimal dietary patterns and lifestyle to lower the risk of weight gain and obesity. Other questions on the survey will help us understand whether foods or supplements like flaxseed, fish oil, soy, and sugar-sweetened foods and beverages affect cancer risk. Dietary behaviors of current public health interest, such as using plastic containers, microwaving, and purchasing organic foods, were also included on the survey.

We hope to validate all of these survey questions in our ongoing CPS-3 Diet Sub-study. A randomly selected group of 750 CPS-3 participants from around the country is helping us to do this by completing six phone interviews about their diet throughout the year, and providing two fasting blood collections and two 24-hour urine collections, six months apart.

By comparing these participants' responses from the full diet survey with the multiple diet interviews and "biomarkers" of nutrients from the blood and urine collections, we can document which aspects of the diet are measured well with our survey, so that future research can utilize this tool. We are already halfway through and want to give a shout out to our dedicated CPS-3 Diet Sub-Study participants and CPS-3 coordinators!

The three decades of research using CPS-II data has shed tremendous light on the role that diet plays in cancer prevention and informed both Society and global nutrition recommendations. The survey responses and blood specimens collected from you, our CPS-3 participants, promise to generate even more insight on how our diet and genes influence cancer risk. Your ongoing participation in CPS-3 is essential to this research, and we thank you for your support.



Six 24-hour recall phone interviews



Two 24-hour urine specimen collections



Two small blood samples



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**It's not too late to complete your 2015 follow-up survey!
Please contact us to find out how you can complete
the paper or online version of the survey.**

For any CPS-3 related questions, including change of address or other contact information,

Connect with us:

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