



Research today for a cancer-free tomorrow

CANCER PREVENTION STUDY-3



A Note from the Principal Investigator

Dear CPS-3 Participant,



We hope that 2018 is off to a great start, and we're looking forward to sharing updates from the Cancer Prevention Study-3 (CPS-3) with you in this newsletter. It's shaping up to be a busy and exciting year.

We can hardly believe it has already been three years since we sent out our last follow-up survey to update lifestyle and medical information. In this newsletter, you will hear about the launch of our second follow-up survey this spring, updates on our other follow-up activities, and some exciting new research underway in CPS-3.

On a personal note, it's hard for me to believe that I celebrated

my 20th anniversary as a researcher with the American Cancer Society in September 2017. I'm so encouraged to know that, 25 years ago, cancer death rates were at their highest, and since then they have dropped by 25%, which translates to 2.14 million fewer deaths from cancer. Much of this amazing progress has been possible because of dedicated study participants like you paving the way for groundbreaking research and discovery. Thank you for all that you continue to do for cancer research!

With gratitude,

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

Study Updates

1 Last year, we shared with you that we were conducting two sub-studies to examine the quality of our diet and physical activity, sleep, and light exposure data. More than 1,500 of you completed dietary phone interviews, provided blood and urine samples, recorded your activity in diaries, and/or wore devices to measure your activity levels and light exposure. Data collection has ended, and we are using this information to assess the quality of the dietary and activity data collected on past surveys and to help inform sleep and light questions to be asked on the next survey.



These data also offer the opportunity to train the next generation of researchers. We have multiple graduate students and post-doctoral fellows working with our expert team of epidemiologists to analyze these data and extend the work we currently do. In fact, one of our graduate students recently published a manuscript using the CPS-3 Diet Sub-Study data to show that our study participants reliably recalled their high school diet. These types of publications are extremely valuable in demonstrating the quality of our CPS-3 data, and in helping inform other scientific studies that are looking to capture the same type of information.

2 In addition to the data we collect, we also began asking permission to obtain tumor tissue specimens from study participants who reported being diagnosed with breast,



colorectal, prostate, ovarian, or blood cancer on their follow-up surveys. To date, we have collected tissue samples from almost 1,500 participants. This tumor repository provides us the opportunity to examine the molecular characteristics of the cancer and is invaluable in advancing our understanding of these common cancers.

3 While we continue to build the CPS-3 resource that will be the foundation for decades of research, we have also begun early scientific studies. In the last newsletter, we shared information about a recent study led by CPS-3 co-investigator Vicky Stevens, PhD, that examined the genetics of smoking cessation. That preliminary study focused on 11 genetic markers involved in nicotine signaling and metabolism in a subgroup of 2,600 CPS-3 participants. Three of these markers were found to be important, and now we will extend that work by conducting a genome-wide search for more smoking cessation genes in 12,000 CPS-3 participants. Thanks to a \$1 million commitment from a donor to extend this work, this study will provide important new insights into the biology that makes it especially difficult for many people to quit smoking. Ultimately, this research has the potential to lead to the development of new medications or other targeted smoking cessation aids based on information about a smoker's genes, as well as help reduce death rates from smoking-related cancers and other diseases.

For more information on findings and progress in the Cancer Prevention Studies, please visit www.cancer.org/cps3.



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What's Next?

In March 2018, we will be launching our next follow-up survey. The last survey largely focused on collecting a detailed diet assessment, and nearly 75% of you completed it. Thank you! Those invaluable data will be used to better understand the interplay between different lifestyle factors and cancer risk. For a study like CPS-3 to remain scientifically valid, it is of critical importance that we maintain high response rates with every follow-up survey, so please keep a lookout this spring for the next survey.

A new and exciting feature of the 2018 survey is that we will first introduce the follow-up survey via email so that you can easily

and securely access the survey from any computer or device. In the past, you received a packet in the mail with a paper survey and instructions to access the survey online, but we learned from some of you that accessing the online survey wasn't always practical or easy. We have made many enhancements to the new survey and hope many of you will choose to complete it online. This saves the American Cancer Society money that can then be used for more research and also yields higher quality data. We will follow up with a mailing in May 2018 if you miss the email notice. To ensure we have your current email address or if you have moved, please email us at cps3@cancer.org or call us toll-free at **1-888-604-5888**.



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Contact Us:

Please call **1-888-604-5888** or email cps3@cancer.org for any questions related to CPS-3, including change of address or other contact information. All inquiries are answered promptly. If you haven't already done so, visit [facebook.com/supportCPS3](https://www.facebook.com/supportCPS3) to like us on Facebook.

From time to time, we'd like to send you late-breaking news.

Do we have your email address? Please send your address to cps3@cancer.org if you wish to be contacted that way. For cancer information, answers, and support, visit our website at cancer.org or call **1-800-227-2345**. We're here when you need us – 24 hours a day, seven days a week.

