

**Cancer Prevention
Study-3** research today for a
cancer-free tomorrow

CANCER PREVENTION STUDY-3

Summer 2022 Newsletter



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A Note From the Principal Investigator

I hope this newsletter finds you well. The past two years have been some of the most challenging for us, but I am excited to share that we are headed in a great direction with many new initiatives on the horizon. Our commitment to understanding the causes of cancer, finding ways to better prevent it, and improving the lives of cancer survivors is stronger than ever. Our work continues to be possible only because of the dedication of our study participants, and we remain grateful to each of you for making our lifesaving research possible.

Here are a few of our 2021-2022 CPS-3 accomplishments you helped make possible!



- Thank you to the **150,000** CPS-3 participants who completed their 2021 follow-up survey. We truly value your continued commitment to provide your data so we can conduct research to help save more lives. If you have not yet completed the 2021 follow-up survey, you may still do so online or by mailing in the paper survey.
- We've onboarded **54,000 participants** onto our new CPS-3 participant portal and are continuing to expand this effort. This has been a tremendous way to increase our engagement with study participants.
- So far, we have collected device-based physical activity data from over **15,000** participants and are on track to reach our goal of 20,000 participants in the upcoming year. Participants will continue to be invited to our Accelerometry Sub-Study, which will provide important data related to physical activity and sitting time.
- After the successful collection of over **3,000** stool samples in 2021 from our CPS-3 participants, we are expanding our efforts with the goal of collecting paired saliva and stool samples from at least 10,000 participants. The Gut and Oral Microbiome Sub-Study will help us understand the two largest microbiomes in the human body and how the makeup of bacteria and other microbes affects your risk of cancer. Participants are being invited randomly, but to be invited, you must be registered on the CPS-3 participant portal.
- Building on what we have learned about the importance of physical activity before and after a cancer diagnosis, we recently launched a one-year intervention study, called Health and Energy through Active Living Every Day (HEALED), that is focused on helping cancer survivors be more physically active.

We continue to make extraordinary progress in the cancer fight because of better prevention, earlier detection, and improved treatments for cancer. While we celebrate the progress we have made, our work is far from done. Thank you for all that you have done and continue to do alongside the American Cancer Society in the fight against cancer.

Sincerely,

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

Welcome to ACS Chief Scientific Officer Dr. William Dahut

The American Cancer Society (ACS) is pleased to welcome **William L. Dahut, MD**, as its new chief scientific officer. In this role, Dr. Dahut leads ACS' discovery work, overseeing the strategic direction of both intramural and extramural research, including surveillance and health equity science, population science, cancer screening guidelines, and extramural discovery science.

In this critical role, Dr. Dahut will serve as the scientific voice of the American Cancer Society, advising key discovery positions and guiding efforts to enhance and focus the American Cancer Society's research program, concentrating priorities where they will be most effective, and working with key partners and supporters to further progress.

Dr. Dahut is an internationally recognized physician-investigator, known for his thoughtful and determined leadership in cancer research. Before joining ACS, Dr. Dahut held leading roles at the National Cancer Institute (NCI), where he was scientific director for clinical research at the NCI's Center for Cancer Research, head of the prostate cancer clinical research section, and NCI clinical director.

He has been laser-focused on helping cancer patients throughout his career. Known as a tireless champion of clinical science, Dr. Dahut has pioneered treatment regimens in prostate cancer and is a recognized expert in other areas such as clinical trials and immunotherapy.

"Today is a crucial moment for cancer research, with more information available about this disease than ever before. The difficulty is in getting that information to people with cancer all along the cancer continuum. ACS has a unique ability to do this," Dr. Dahut said. "As a nimble, diverse organization, ACS is able to deliver a very impressive scientific output. I am grateful to all the CPS-3 participants who play such an incredibly important role in helping us better understand this disease so we can help save more lives."



CPS-3 Participant Portal

When CPS-3 launched in 2006, the founding vision was for it to be a modern cancer prevention cohort. To support this vision, we are regularly exploring innovative research methods and technology solutions that help to advance our science and enrich your experience as a participant. A key endeavor in this is the new CPS-3 Participant Portal. The Participant Portal was developed in partnership with QuestionPro and launched in 2020. Already, over 54,000 CPS-3 participants have joined, and if you haven't yet enrolled, we'd like you to join too!

Registering for the CPS-3 portal is fast and easy!

1. Visit <https://cps3.questionpro.com>. Bookmark this site for easy access in the future.
2. Click on "New User? Join Now."
3. Use your unique 7-digit CPS-3 ID (printed directly above your name on the outside of this newsletter) and your date of birth to register.
4. Confirm your contact information, review and sign the e-consent, and set up a password to access the secure site.

**We value your continued support of CPS-3.
Thank you for joining the Participant Portal!**

BENEFITS OF THE NEW CPS-3 PARTICIPANT PORTAL:

- **A single stop for all your CPS-3 activities:** Complete all your CPS-3 surveys, enroll in sub-studies, update your contact information, let us know about a recent cancer diagnosis, and more.
- **Shorter surveys:** Participate in topic-specific online surveys, 3 to 4 times per year, that will take no more than 10-15 minutes of your time.
- **Real-time research updates:** Access study updates, progress, and research results through the portal.
- **Ability to join novel sub-studies:** We have the exciting potential to run research studies that go beyond our traditional survey data collection methods.
- **Secure data collection and storage:** All data collected are stored and processed on secure sites and servers that are compliant with the strictest industry security standards.
- **Saves the ACS money:** By utilizing a single platform, we save a significant amount of ACS donor dollars.



Nutrition and Physical Activity Guideline for Cancer Survivors

Today, there are more than 18 million cancer survivors in the US, and that number is expected to reach 22.1 million by 2030, due in part to advances in early cancer detection and treatment, and the growth and aging of the population. Many people who have been diagnosed with cancer have questions about diet and physical activity and are often preyed upon by companies offering expensive products with health benefits that seem “too good to be true.” To provide an evidence-based resource for patients and their health care providers, the American Cancer Society (ACS) recently published an updated *Guideline on Nutrition and Physical Activity for Cancer Survivors*. To accomplish this, ACS engaged a committee of nationwide experts in oncology and cancer survivorship to review the growing scientific evidence on nutrition, physical activity, body weight, and alcohol as it relates to cancer recurrence and long-term survival. Many of the studies that contributed were conducted in prospective cohort studies like ACS’ Cancer Prevention Studies. The guideline also includes other topics of interest for those diagnosed with cancer, their caregivers, and their health care team. As shown in the ACS *Nutrition and Physical Activity Guideline for Cancer Survivors*, the link between physical activity and eating a healthy diet with long-term health in cancer survivors has become even more clear in the last several years.

The report found that regular physical activity improves the chance of survival from several common cancer types – breast cancer, colorectal cancer, and prostate cancer, among others. Furthermore, physical activity is important for maintaining muscle mass and strength, as well as improving other symptoms such as anxiety and sleep. In contrast, obesity is associated with worse long-term outcomes among breast, endometrial, and bladder cancer patients. While eating a “Western-style” diet (high in red and processed meat, high-fat dairy, refined grains, French fries, sweets, and desserts) is associated with worse outcomes among those who have had colorectal, breast and prostate cancer,



evidence shows that eating a healthy diet rich in plant foods, such as a Mediterranean-style diet, is associated with better survival among breast and prostate cancer survivors. Alcohol consumption was associated with increased mortality among survivors of laryngeal, pharyngeal, or head and neck cancer or liver cancer; but findings for other cancers are limited or inconsistent.

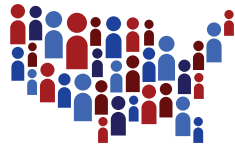
“The good news from this report is that diet and exercise can improve outcomes for survivors of some cancers,” says Dr. Arif Kamal, ACS’ new chief patient officer. “However, there is still a lot we don’t know, especially for cancer types that are less common or have lower survival rates, which is why ACS is committed to continuing to conduct and support research on this important topic.”

Recommendations to improve long-term health and increase the likelihood of survival include the following steps:

- Avoid obesity and maintain or increase muscle mass through diet and physical activity.
- Engage in regular physical activity, with consideration of the type of cancer, patient health, treatment modalities, and symptoms and side effects.
- Follow a healthy eating pattern that meets nutrient needs and is consistent with recommendations to prevent chronic disease.

To learn more about how to stay healthy after a cancer diagnosis, talk with your health care team to determine a physical activity and diet plan that is right for you. Please visit our website for more tips.





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US POSTAGE
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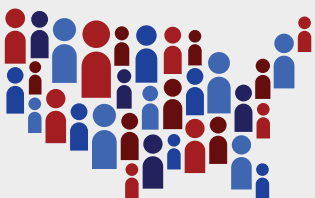
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Research today for a cancer-free tomorrow **CANCER PREVENTION STUDY-3**

Did you know ...

- More than 300,000 men and women of various racial/ethnic groups from all over the United States and Puerto Rico are enrolled in CPS-3.
- CPS-3 enrollment ended in December 2013, and the first follow-up survey was released in early 2015. We will continue to ask participants to complete these surveys every 3 years to capture updated information.
- It is important for us to follow participants who are newly diagnosed with cancer. They will remain active in the study, even after a cancer diagnosis.
- CPS-3 data are kept secure and confidential with limited access by study staff who go through routine biomedical research ethics training.
- As a participant, each year you will receive two e-newsletters and one mailed newsletter with study highlights and updates.



Contact Us:

For any questions related to CPS-3, including change of address or other contact information, please call us at **1-888-604-5888** (Monday-Friday 9 a.m. – 5 p.m. EST) or email us at **cps3@cancer.org**. All inquiries will be answered promptly.

We're also available at **cancer.org/cps3** and **facebook.com/supportCPS3**.

For the latest cancer information, day-to-day help, and emotional support 24 hours a day, seven days a week, visit our website at **cancer.org** or call us at **1-800-227-2345**.

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