

CPS-3 Summer 2024 Newsletter



A Note from the Principal Investigator

Research is vital to building a roadmap for understanding how and why cancer develops in different populations, so we can implement strategies toward our vision of ending cancer as we know it, for everyone. Your commitment to CPS-3 over the years has been at the center of every breakthrough in advancing our knowledge about cancer, and I hope you know how grateful I am, both personally and on behalf of all people facing cancer and their families.



We are excited to share so many updates about our work in this Summer 2024 newsletter. In addition to launching our 2024 triennial survey, we've completed collection of stool and saliva samples in over 10,000 CPS-3 participants. You'll also learn about our new blood collection effort and the new participant portal. We've continued to modernize our data platform so we can deliver a better experience for those who use the participant portal and accelerate our research so we can get answers faster. And we are excited to share about a new study we have launched called VOICES of Black Women to help us better address cancer-related health inequities among Black women, who have the highest death rates and shortest survival than any other racial/ethnic group for most cancers. Like CPS-3, VOICES will be truly transformative!

There is so much to be proud of in the work we are doing together. I am grateful to YOU, our dedicated CPS-3 participants, and hope you are having an enjoyable summer.

Sincerely,



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

Summer 2024

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CPS-3 2024 Triennial Survey

Thank you to the 60,000+ CPS-3 participants who have already completed the 2024 triennial survey! The information collected from these surveys helps us understand how lifestyle behaviors, the environment, genetics, and other factors contribute to cancer risk and survivorship.

If you have not yet completed the 2024 CPS-3 Survey, it's not too late! Please take some time to complete your survey (online or paper). If you have not received the survey, please call us at **1-888-604-5888** or email us at cps3@cancer.org so we can update your contact information.

Repeat Blood Collection Substudy



This spring, we launched the CPS-3 Repeat Blood Collection Substudy, and over 1,200 participants have already signed up! As part of this substudy, CPS-3 participants will be invited to provide a blood sample over the next two years. Our goal is for at least 10,000 participants to join this substudy.

While you provided a blood sample when enrolling in CPS-3, collecting an additional sample many years

later will enable us to study things that may have changed over time, like hormones or vitamin levels. This additional information is highly valuable toward our efforts to better prevent, identify, and treat cancer and other diseases.

Thank you to everyone who has already participated in this important research. We could not do any of this without you! To learn more about this substudy, check out our website and FAQs at cancer.org/cps3.

Your CPS-3 Participant Portal

The development of the CPS-3 Participant Portal has been an enormous achievement, shaped by the support of participants like you. In 2020, we created a secure web-based participant portal to further improve your engagement experience and expand our research capabilities.

Since launching the CPS-3 participant portal, we have incorporated your feedback to create a custom-built portal that integrates all our participant and survey data into one system.

Accessing your CPS-3 account through the portal is easy:

1. Go to studyportal.cancer.org
2. Use your email address or mobile number associated with your CPS-3 account to receive a secure code.
3. If it's your first time logging in, you'll need to confirm your date of birth, review, and sign a consent form.

THE PORTAL BY THE NUMBERS


Here are some examples of portal activities to date:


 **6 short surveys**

 **1 video-guided sit-to-stand chair test**

3 substudies:

 **400+ cancer survivors enrolled in the HEALED After Cancer Substudy**

 **13,000+ participants in the Gut and Oral Microbiome Substudy**

 **10,000+ participants will be invited to the CPS-3 Repeat Blood Substudy**

80,000+ CPS-3 participants – the number of participants we hope to engage through the portal. Help us reach this goal and support ongoing research efforts by signing up today!

Meet the Staff – Study and Biospecimen Management Group



CPS-3 has a core team responsible for administering and managing data and specimen collection for the study. The Study

and Biospecimen Management Group (SBMG) is led by Daniela Dudas, Cari Lichtman, and Peter Briggs, along with 26 support team members. This team coordinates

every step of the study process from enrollment and participant engagement to data collection and survey development for all surveys, in addition to managing a large biorepository of blood and tumor tissue samples.

This team is also responsible for coordinating our CPS-3 substudies, the participant portal, and collecting cancer outcomes and mortality data. The SBMG team collaborates with the principal investigators and analysts to continue our work to end cancer as we know it, for everyone.

Lung Cancer Metabolomics



After heart disease, cancer is the second most common cause of death in the US, with lung cancers alone causing an estimated 100,000 deaths per year. Lung cancer is often deadly

because it is difficult to find early using traditional screening methods. Using data from both CPS-II and CPS-3, Ying Wang, PHD, and colleagues examined blood samples using an emerging area of research that aims to identify components in our blood known as metabolites.

This study compared pre-diagnosis blood samples from more than 600 CPS participants who had been diagnosed with lung cancer to a comparison group of about 600 cancer-free participants to identify metabolites that may be associated with the development of lung cancer. Over 1,000 metabolites were measured in blood samples from these participants, and several were found to be associated with an increased risk of lung cancer. In particular, sphingolipids, a component of the cell membrane, and bile salt were associated with a

higher overall risk for lung cancer, as well as an increased risk for developing specific lung cancer types, such as adenocarcinomas and squamous cell carcinomas.

Current and former smokers were seen to have distinctly different combinations of metabolites when compared to never smokers. These results indicate that cellular mechanisms, such as how individual cells in our body break down lipids or fats to create energy, may impact the risk of lung cancer development. Future studies are needed to confirm this finding, along with studies to help better understand the mechanism through which lipids, especially sphingolipids, play a role in lung cancer risk.

Key takeaway:

Lipid metabolites, components found in the blood that are produced when cells break down fats and lipids to create energy, are associated with a higher risk of developing lung cancer. Future studies are needed to understand how these individual metabolites and metabolic profiles may be involved in lung cancer initiation and progression.

New Cohort: VOICES of Black Women

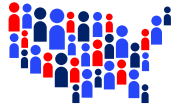


Black women have made groundbreaking advancements in nearly every area of human endeavor, yet many remain marginalized when it comes to health outcomes. This is at the heart

of why the American Cancer Society launched VOICES of Black Women – an innovative and bold step forward in examining the lived experiences of Black women to address the root causes of health and cancer disparities that so often disproportionately impact Black women.

We're calling on Black women from all walks of life to join this movement, with a goal of enrolling at least 100,000 Black women in the US. This study is a commitment to partnering with Black women to better understand health conditions like cancer and find ways to improve overall health among Black women for generations to come.

Participation in VOICES involves completing an online health and life history survey at enrollment and updating information twice a year, for at least 30 years. To learn more or join the study, visit voices.cancer.org and please help spread the word about VOICES by sharing this opportunity with at least three people you know.



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

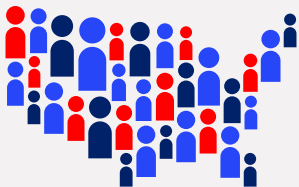
Non-Profit
Organization
US POSTAGE
PAID
American
Cancer Society

270 PEACHTREE STREET NW,
SUITE 1300
ATLANTA, GA 30303

ADDRESS SERVICE REQUESTED

Did You Know?

- It is important to continue following participants who are diagnosed with cancer after enrolling in CPS-3. There are over 10,000 cancer survivors in CPS-3.
- Over 285,000 CPS-3 participants provided a blood sample when they enrolled in the study. Many of these blood samples have already been analyzed by scientists exploring a variety of topics, including the genetics of breast cancer and diet-associated biomarkers.
- Keeping your data safe is our top priority. All CPS-3 data are kept secure and confidential, with only a limited number of research staff having access to this information.
- Earlier this year, we released a video that highlights the impact of CPS-3 on cancer research featuring a few CPS-3 participants and researchers. You can watch the video at cancer.org/cps3.



Summer 2024

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 (Option 3)** Monday-Friday 9 a.m. – 5 p.m. ET or email us at cps3@cancer.org.

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

For the latest cancer information and answers, visit cancer.org or call us at **1-800-227-2345**.

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