

December 2025 E-newsletter



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Happy Holidays!

As 2025 comes to a close, we want to express our profound appreciation to all participants for your continued dedication to Cancer Prevention Study-3 (CPS-3). Your commitment has helped us take meaningful steps toward understanding and reducing cancer risk for future generations.

The data you provide by completing surveys and participating in smaller substudies are the foundation of our research. Over 130,000 participants have completed the 2024 Triennial Survey online or on paper. The CPS-3 Participant Portal has over 67,000 participants who complete three additional shorter surveys every year. And since the launch of the CPS-3 Repeat Blood Collection Substudy in spring 2024, we have exceeded our goal of 10,000 participants – with over 13,000 samples received. Thank you to all who participated!

Last year, the American Cancer Society (ACS) also launched VOICES of Black Women, a long-term study that will help us better address cancer-related health inequities among Black women in the US. As we approach the end of the year, we wish you and your loved ones a safe, healthy, and happy holiday season. We look forward to your ongoing engagement in CPS-3 in 2026 – with fresh perspectives and new opportunities for an exciting new year ahead.

2024 Triennial Survey

Thank you to the over **130,000 participants** who have completed the CPS-3 Triennial Survey since it launched in 2024. If you haven't already completed the survey, there's still time. Every response matters.

The 2024 follow-up survey will be available online until **December 31, 2025**. You can complete it by logging in at cps3survey.com. If you still have a paper copy, we will accept mailed surveys until March 2026. The next triennial survey will launch in March 2027.

CPS-3 Repeat Blood Collection Substudy



We are thrilled to announce that we have **surpassed our goal of 10,000 samples** collected for the CPS-3 Repeat Blood Collection Substudy! The substudy team

would like to extend their thanks to everyone who has participated; your dedication and enthusiasm are vital to the success of this work.

This substudy will allow us to better understand how changes in exposures and risk factors may impact cancer risk and outcomes. Like with the initial CPS-3 blood collection, we plan to measure a variety of biomarkers,

such as hormones, metals, vitamins, and circulating fragments of DNA. It is important in long-term studies like CPS-3 to collect repeat samples to understand how these biomarkers change over time, and to study new markers of interest.

We are no longer accepting new participants into the substudy, but encourage all individuals who received a blood collection kit to schedule their appointment on the CPS-3 Participant Portal (studyportal.cancer.org) by **January 31, 2026**. After that date, you will no longer be able to make an appointment.

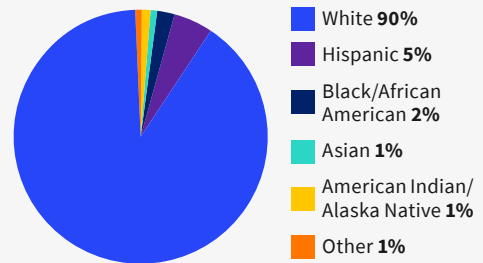
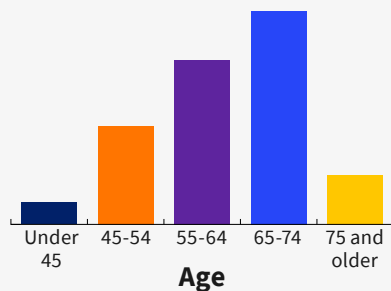
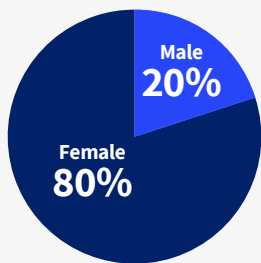
Season's Greetings from the Portal Team!

Thank you to the **over 67,000 portal participants** for another successful year. We celebrate the accomplishments we've achieved together – made possible by your unwavering commitment to our shared mission in the fight against

cancer. This year, we successfully launched three portal surveys and received outstanding response rates for each one. If you haven't completed the summer and fall surveys, you can still do so on the portal (studyportal.cancer.org).

Curious about who your fellow CPS-3 portal participants are?

Over 67,000 CPS-3 participants have joined the portal. Here's a look at the demographic breakdown by sex, age, and race.



Not part of the portal yet?

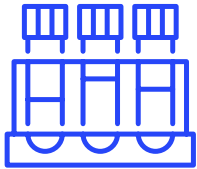
Join today at studyportal.cancer.org to contribute to critical research and help us better understand the factors that impact our health and cancer risk over time.

Research Highlights

Update on the CPS-3 Gut and Oral Microbiome Substudy

Thousands of participants provided stool and saliva samples in 2020-2023 as part of the CPS-3 Gut and Oral Microbiome Substudy (GOMS), creating a unique resource that allows us to examine how the microbiome may be linked to cancer risk. This exciting substudy is one of the largest efforts of its kind and will help us uncover new insights into the bacteria in our bodies.

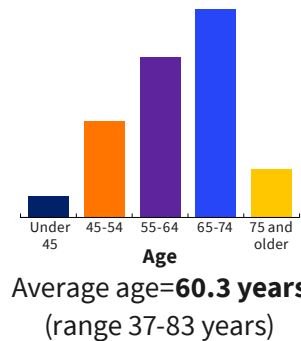
We recently [published a paper](#) that summarizes why we designed the substudy, how many people joined, and some interesting facts about our participants. The paper highlights the rigorous protocols that were used to collect samples, ensuring high-quality data for future analyses. Additional highlights include:



13,547 participants collected at least one type of sample (stool, saliva)



Participants are **76.9%** female



88.5% White
5.8% Hispanic
2.1% Black

1.8% Asian
1.6% Mixed, other, or unknown race

What's next?

Data collected from stool samples are being analyzed to understand what factors, such as age, diet, physical activity, smoking, and other lifestyle and environmental exposures, may shape the bacteria in our gut. Stay tuned for more updates as the science unfolds!

Physical Health Decline After Chemotherapy or Endocrine Therapy in Breast Cancer Survivors

Breast cancer (BC) is the most prevalent cancer among cancer survivors, accounting for more than 20% of all survivors. Understanding the survivorship care needs and management of late effects in BC survivors is critical. A recently [published paper](#) led by Clara Bodelon, PhD, MS, examined whether physical health in BC survivors who receive chemotherapy or endocrine therapy, also known as hormone therapy such as tamoxifen, declined compared with age-matched women without cancer in CPS-3.

In this cohort study of 15,392 women, BC survivors receiving chemotherapy, endocrine therapy, or both had

a significant decline in physical health compared with age-matched women without cancer during the first two years after diagnosis. After two years, physical health decline was only observed in BC survivors who received chemotherapy. These results suggest that BC survivors receiving chemotherapy had long-lasting physical health declines, unlike those who received endocrine therapy without chemotherapy. Continued efforts are needed to understand the specific survivorship care needs of BC survivors and ways to improve their long-term quality of life.

Every cancer. Every life.®

The American Cancer Society is a leading cancer-fighting organization with a vision of ending cancer as we know it, for everyone. Our mission is to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

New VOICES of Black Women Study Enrollment Update!

In 2024, the American Cancer Society launched VOICES of Black Women, positioned to be the largest research initiative dedicated to helping understand cancer disparities among Black women. Together with our CPS-3 Cohort Study, which enrolled over 82% non-Hispanic White participants, this groundbreaking effort forms the backbone of our Population Science department in driving discoveries that can help our mission.

While strides have been made, Black women in the US still face higher mortality and lower survival rates for most cancers than any other racial or ethnic group.

So far, 5,000 Black women have joined the study, but we're aiming for 100,000.

- **Who can join?** Black women ages 25–55 living in the US or Washington, D.C., who have never been diagnosed with cancer.
- **Learn more and enroll** at voices.cancer.org, or help us spread the word to your friends and community. Every voice matters. Together, we can end cancer as we know it, for everyone.

Meet the Staff – Program Management



The Program Management team: Maddison Hall (left), Eunice Larbi, Jessica Gerald, Dominique Braden, Kaela Jolibois, and Mahera Sohail

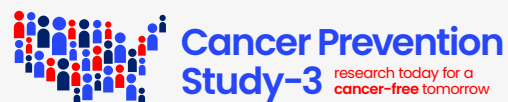
The Program Management team is an integral component of the ACS Population Science department. They ensure successful execution, regulatory compliance, and community involvement critical to ACS' mission.

- **Maddison Hall, MPH**, oversees collaborative research projects and streamlines workflows to enhance the

reach and efficiency of ACS research. She ensures projects stay on track and promotes research successes to internal and external stakeholders.

- **Eunice Larbi, MPH**, leads community outreach and recruitment strategies for VOICES of Black Women.
- **Jessica Gerald, MPH**, contributes to participant recruitment through volunteer coordination and relationship management for VOICES.
- **Dominique Braden, BSPH**, oversees regulatory compliance and administrative support for all studies, including CPS-II, CPS-3, and VOICES.
- **Kaela Jolibois, MPH**, develops and maintains community partnerships to strengthen outreach and engagement for VOICES.
- **Mahera Sohail, BS**, facilitates ACS' partnership with the Winship Cancer Institute at Emory University in Atlanta. She also helps manage other key research efforts.

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**.