

March 2026

E-newsletter



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In this issue

Page 2

- CPS-3 Celebrates 20 Years!
- CPS-3 Cohort Timeline

Page 3

- ACS Releases *Cancer Statistics and Cancer Facts & Figures Reports*

Page 4

- Research Highlight

Happy Spring!

We hope this month has started off great for you and your loved ones. There is so much to celebrate in the progress we are making. More than 134,000 Cancer Prevention Study-3 (CPS-3) participants completed our most recent Triennial Survey, 13,000 participants joined the Repeat Blood Collection Substudy, and over 67,000 participants are also completing surveys on the Participant Portal.

As we begin planning for the next Triennial Survey, which will launch next year, we want to express our sincere appreciation for your continued contributions to the study. Albert Einstein once said, “Life is like riding a bicycle. To keep your balance, you must keep moving.” Every survey completed, every sample provided, and every moment you’ve invested in CPS-3 helps us better understand the factors related to cancer risk and outcomes and brings us closer to ending cancer as we know it, for everyone.

CPS-3 Celebrates 20 Years!

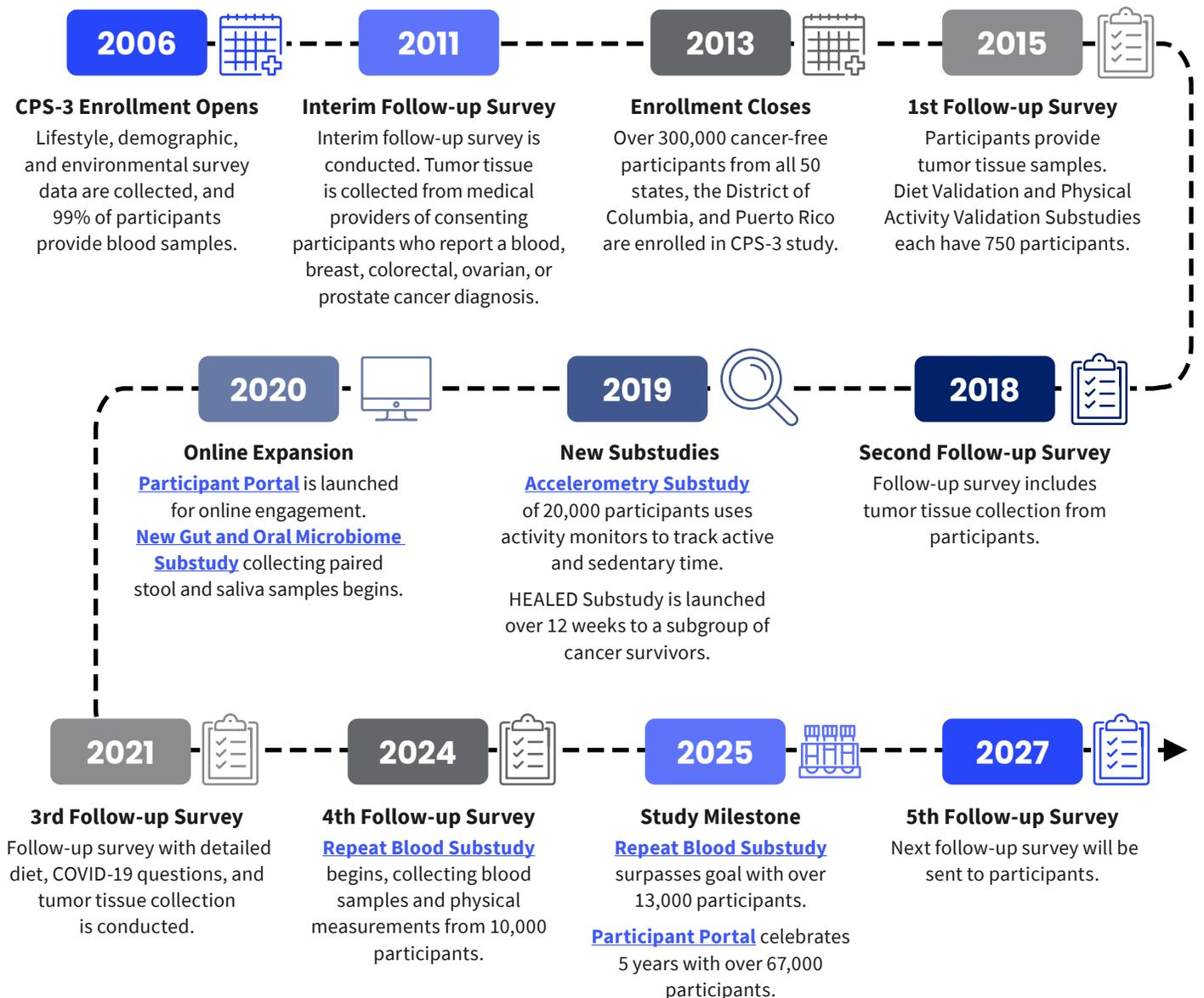
2026 marks 20 years since the launch of CPS-3. Over the past two decades, more than 300,000 cancer-free adults from across the United States have contributed to this landmark, geographically, and racially diverse cohort – committing themselves to a long-term effort to better understand how lifestyle, environmental, and biological factors influence cancer risk and survivorship.

Thanks to the dedication of our participants, who continue to complete follow-up surveys, share health information, and take part in different substudies, CPS-3 has become an invaluable scientific resource

that will impact cancer prevention and public health for generations to come. Together, we have built one of the most comprehensive, ongoing studies in the nation, and the insights gained are already helping to shape cancer prevention, early detection, and survivorship recommendations.

As we reflect on 20 years of progress, we extend our deepest gratitude to every CPS-3 participant who makes this work possible. Your commitment advances the mission of creating a future without cancer.

CPS-3 Cohort Timeline



ACS Releases Cancer Statistics and Cancer Facts & Figures Reports

For the past 75 years, the American Cancer Society (ACS) has released an annual report on the landscape of cancer nationwide. *Cancer Statistics* is the most cited publication in biomedical science.

The 2026 [report](#) highlights a historic milestone: the five-year relative survival rate for all cancers combined has reached **70%** for people diagnosed between 2015 and 2021 – up from **49%** in the mid-1970s. This progress reflects millions of people surviving cancer because we've learned how to better detect and treat the disease, including those cancers that were once considered highly lethal. Notably, survival gains have been especially strong for advanced and historically fatal cancers, with distant-stage survival **doubling from 17% to 35%** over time.

The release of the accompanying *2026 Cancer Facts & Figures* report generated immediate national media attention. Coverage emphasized the significance of this survival milestone and the continued momentum in cancer research. This progress reflects long-term investments in prevention, screening, and innovative therapies.

The report also highlighted some concerning trends that need to be studied. For example, the rates of many types of more common cancers are increasing. That is why studies like CPS-3 are so important. Through these types of studies, we can better understand what is contributing to the risk of these cancers and take action.

The progress we've made has been possible because of people like you, who chose to make a difference. And by choosing to stay involved year after year, you're part of a community that is continuing to help us understand cancer in ways that were never possible before.

Ready to continue shaping the future of cancer research?

Stay engaged with CPS 3 by completing upcoming surveys, keeping your information up to date, and participating in future study opportunities. Your involvement fuels discoveries – and together, we can keep moving the needle toward a world with less cancer.

The State of Cancer

American Cancer Society Releases *Cancer Facts & Figures 2026*

70% of people are surviving
at least five years after a cancer diagnosis.
(2015-2021)

More people are living longer after diagnosis
of myeloma, liver, lung, and rectal cancer.
(since the mid-1990s)

4.8 million lives saved
as a result of a 34% decline in the cancer death rate since its peak in 1991.
(1991-2023)

Rates are increasing for many common cancers
including breast, prostate, liver and melanoma (female), oral cavity, pancreas, and uterine.

Read the full report: cancer.org/statistics-2026

Research Highlight:

Genetic Predisposition to Excess Body Weight and Survival in Women Diagnosed With Breast Cancer

Excess body weight is associated with a higher risk of developing and dying of many types of cancer, including breast cancer. Many factors, including your diet, how much you exercise and sleep, your environment, and your genetics, can influence your body weight.

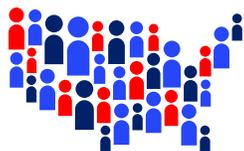
Many of us may feel like there is no way to escape having high genetic risk. A recent [study](#) led by CPS-3 researcher Clara Bodelon, PhD, MS, examined the genetic predisposition to excess body weight among over 4,000 women in CPS-II who had developed breast cancer.

According to the study, women with the highest genetic predisposition of excess body weight are 15% more likely to die compared to women with the lowest genetic risk. Importantly, however, the study looked at whether

there is a way to mitigate that risk, and the good news is there is! For women at high genetic risk, walking approximately 1.7 hours per week (or 14 minutes per day) **more** than breast cancer survivors with a low predisposition could eliminate that excess risk.

This study is important because it highlights that we can influence our genetic risks through simple activities like walking. It also moves us toward more personalized lifestyle recommendations to improve survival among breast cancer survivors.

Visit [here](#) to read the American Cancer Society Nutrition and Physical Activity Guideline for Cancer Survivors and learn about more ways to help you survive and thrive after a cancer diagnosis.



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

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**.