

December 2023

E-newsletter



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Happy Winter!

As 2023 comes to an end, we want to express our gratitude to all of you. This December marks 10 years since the enrollment of Cancer Prevention Study-3 (CPS-3) ended. What an amazing milestone!

Reflecting on this past year, we see how much we have accomplished because of your commitment to CPS-3. Just over a year ago, we launched the HEALED (Health and Energy through Active Living Every Day) substudy, and we are happy to announce its successful completion. Additionally, the Accelerometry and the Gut and Oral Microbiome (GOMS) substudies both reached their ambitious goals and collectively enrolled over 30,000 participants. None of these accomplishments would have been possible without your participation.

We are excited for what's to come in 2024 and look forward to your continued engagement as we strive to conduct the best research possible to end cancer as we know it, for everyone. Wishing you and your loved ones a happy and healthy holiday season!

Study Updates

Accelerometry



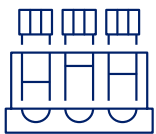
Technology has made it easier to collect research-grade information about your activity in studies like CPS-3 [using a device called an accelerometer](#). This substudy began in 2019 when we started inviting CPS-3

participants to wear an accelerometer for seven days, allowing us to collect physical activity and inactivity (sitting, sleeping) information.

After four years (and the unexpected challenges of the pandemic), we are very excited to announce that we exceeded our goal of collecting accelerometry data from 20,000 CPS-3 participants! We extend a heartfelt “thank you” to over 21,000 CPS-3 participants who wore the accelerometer and helped make this study one of the largest of its kind in the US.

Now that we’ve finished collecting the data, we will begin analyzing it. The information from this study will help us explore how different aspects and types of physical activity may be beneficial for our health. We also plan to study how different patterns of time spent sitting (e.g., sitting for a long period of time versus breaking up the sitting time) may affect health.

Gut & Oral Microbiome Substudy



It’s official! [The Gut and Oral Microbiome Substudy](#) ended in October, and we successfully reached our goal of collecting over 10,000 paired stool and saliva

samples. Like the Accelerometry substudy, this study is also one of the largest in the US. Many thanks to all the CPS-3 portal participants who donated their time and samples and to those who expressed interest but were ineligible to participate.

This substudy will allow us to learn crucial information about the gut and oral microbiomes, which consist of the bacteria, viruses, and other microorganisms that live in our gastrointestinal tract and mouths. It will help us explore how these two microbiomes relate to each other, as well as to our overall health. Eventually, we hope to understand how the gut and oral microbiomes are associated with and predictive of the development of various cancers, as well as with survival and quality of life after a cancer diagnosis.

HEALED



The Health and Energy through Active Living Every Day (HEALED) web-based study was the **first-ever** *randomized controlled trial* within the Cancer Prevention Study-3. A randomized controlled trial is a special type

of study where groups of people are randomly assigned to different types of treatments or programs. In the case of HEALED, participants with a history of cancer were randomized either to a physical activity program or a balance and flexibility program, with the goal of learning: 1) how to help people with a history of cancer live a more active lifestyle, and 2) what physical and mental health benefits people with a history of cancer can expect if they become more physically active after their diagnosis.

With **over 400 participants** in the one-year study, the HEALED program was one of the **largest and longest** studies promoting physical activity in cancer survivors in the US. Thanks to our committed participants, we will be able to use HEALED study data to help cancer survivors safely adapt to a more active lifestyle longer-term, and to better understand the full range of health benefits related to becoming more active.

The HEALED study wrapped up at the end of September, and the first set of results should be published in 2024. Eventually, we hope to use the findings of the HEALED study to develop a free, electronic program for cancer survivors all across the world to help them learn how to safely benefit from a more physically active lifestyle.

“

Our team – Amber, Scott, and I – had a wonderful time connecting with our HEALED participants. Over the course of the year, we heard from many participants who became more active, were able to sleep better, discontinued a blood pressure medication, or played with their grandchildren with ease, and THAT is the power of exercise. We hope our participants remain physically active for many years to come.”

Erika Rees-Punia

PhD, MPH, lead study investigator

2024 Follow-up Survey

We're in the midst of developing the next triennial follow-up survey, which will launch in Spring 2024. The survey will capture important health updates related to cancer screening, medical conditions, diet, physical activity, sleep, and many other topics.

The NEW CPS-3 Portal

When we first launched the CPS-3 [participant portal](#) in 2020, we were excited to offer a new way for you to engage with CPS-3 and make an even bigger impact on cancer research. Over the past three years, more than 68,000 participants have joined the portal. It has been used to administer two substudies and collect almost 250,000 survey responses from eight different surveys. Topics included mental health and wellness, physical activity, cancer screenings, impacts of the COVID-19 pandemic, the gut and oral microbiome, and more. With your help, we have built a fantastic resource that our researchers will use to investigate critical unanswered questions about cancer prevention and survivorship.

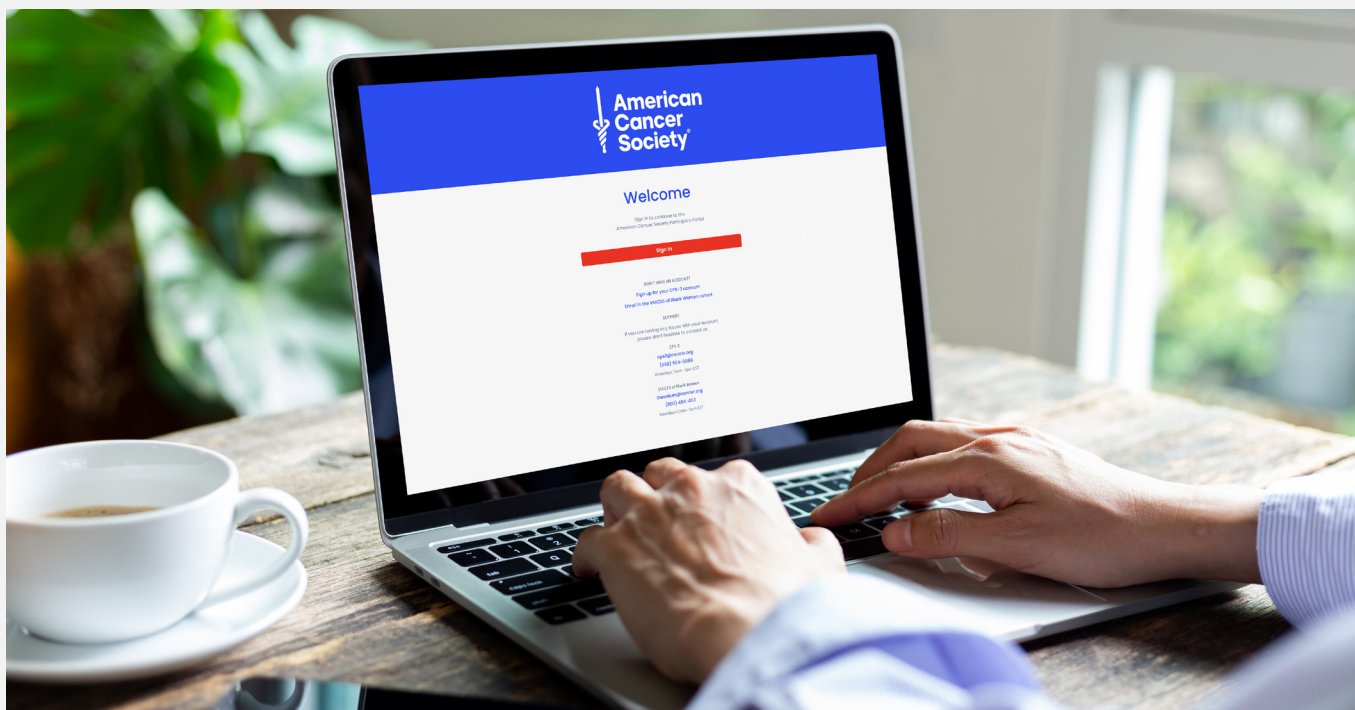
To continue improving and expanding our portal-based research, we decided to upgrade to an entirely new platform – one that is custom-built for the American Cancer Society. This new platform was designed to be able to change and evolve with us,

supporting our growing research needs while also improving your experience as a participant.

In October, we officially began inviting the 68,000 CPS-3 portal participants to activate their account in the new, custom-built ACS portal. We plan to further enhance the portal to include new features, some of which were suggested by study participants through the recent **Portal Feedback Survey**.

For those of you who have already joined the new portal, thank you! For everyone else who has yet to make the transition – or those of you who have yet to try out the portal – it's not too late to join! You can [activate your account now](#) and take the **Portal Feedback Survey** to let us know what you'd like to see in this new portal to make it more convenient, easy-to-use, and impactful.

To learn more about the new CPS-3 Participant Portal, [check out this article](#) or browse our FAQs.



Meet the Participant Portal Staff

With all the exciting updates to the [portal](#) in the last year, it's taken a dedicated team to make it all a success.

Melissa Rittase, Becky Hodge, Aileen Artus, and Maria Moore have been diligently working together to gather survey content, build the online surveys, track response rates, process the data, and directly assist with helping participants on this online platform. Collectively, this group takes into account what CPS-3 participants have told us they need or would like to access through the portal. Thank you to those participants who have provided such information through emails, calls, and the Portal Feedback Survey.

Prior to the official launch of the portal in 2020, Melissa Rittase created the portal website and implemented data management procedures. Now with the transition to the new portal, Melissa works with our new vendor, Manifold, to build out the new ACS portal according to participants' and researchers' needs. Becky Hodge has led our Gut and Oral Microbiome substudy within the portal. Aileen Artus and Maria Moore joined the team in 2022 and have been instrumental in expanding the portal and assisting in collecting more timely data.

Thanks to the amazing work of this team, we have been able to offer a secure online portal that enhances your experience as a CPS-3 participant, and we're excited to keep building and expanding this portal to make it the best it can be – both for you and for the ACS team.



Melissa Rittase



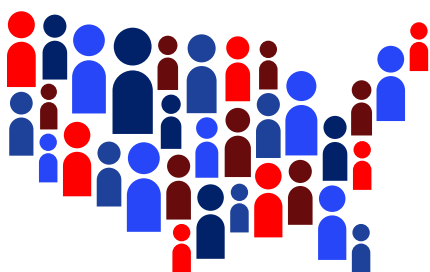
Becky Hodge



Aileen Artus



Maria Moore



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** (Monday-Friday 9 a.m. – 5 p.m. ET) 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 information and answers, visit our website at cancer.org or call us at **1-800-227-2345**.