

March 2025

E-newsletter



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Happy Spring!

We hope that 2025 is off to a great start for you and your loved ones. As we reflect on the previous year and the launch of the Cancer Prevention Study-3 (CPS-3) 2024 Triennial Survey and Repeat Blood Collection Substudy, we are truly grateful to supportive participants like you. Whether you have completed surveys, signed up for a substudy, joined the participant portal, or reached out to share feedback, you are making a valuable impact on cancer research.

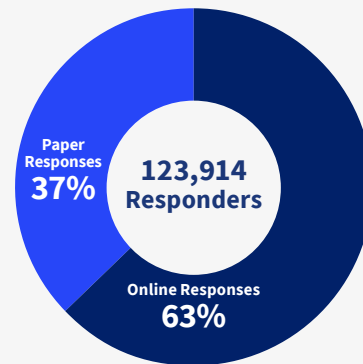
In the words of science fiction writer Robert A. Heinlein, “Everything is theoretically impossible until it is done.” With this in mind, we will continue to fulfill our vision to end cancer as we know it, for everyone.

2024 Triennial Survey

Since we launched the 2024 [Triennial Survey](#) last March, 123,914 people have completed the survey. For those who have not done so, there is still time! Each response is crucial to the cancer prevention research we conduct.

In April, one last paper survey will be mailed to participants who have not yet completed their triennial survey. You have the option of returning your completed survey using the prepaid return envelope, or you can complete the survey online.

2024 TRIENNIAL SURVEY PROGRESS



Repeat Blood Collection Substudy



Our sincere thanks to more than 6,000 participants who have joined the CPS-3 Repeat Blood Collection Substudy!

Launched last spring, the goal of this substudy is to collect blood samples and physical measurements from 10,000 CPS-3 participants. This new collection, in combination with the blood sample and information provided during your CPS-3 enrollment, will

allow our research team to explore changes in exposures and risk factors over time.

Those who are registered for the CPS-3 participant [portal](#) and have completed their 2024 Triennial Survey are still being invited to join the substudy on a random, rolling basis throughout 2025. To learn more about the substudy, visit our [website](#) and [FAQs](#) at cancer.org/cps3.

Cancer Survivors Study Opportunity Coming Soon!

There are more than 18 million cancer survivors in the US today, and that number is expected to grow to 26 million by 2040. This year, our aim is to further expand our research to another critical area – cancer survivorship – so we can learn how to help individuals with a history of cancer not only survive, but also thrive.

We believe CPS-3 cancer survivors can improve our understanding of what affects quality of life after a cancer diagnosis. Your participation will provide crucial information on how we can help improve the lives of people diagnosed with cancer. Survivor-specific surveys will be available online on the CPS-3 participant portal. Please visit studyportal.cancer.org/ to sign up today!

CPS-3 Participant Portal

The secure, mobile-friendly CPS-3 participant [portal](#) allows you to easily and privately complete all your study activities in one place. On the portal, you can:

- Access 2-3 short surveys a year.
- Update your contact and personal information.
- Enroll in substudies.
- Receive updates about CPS-3 research findings.



The first 2025 portal survey will be available in mid-March.

Meet Our Staff

The Communications team in our Population Science group is the driving force behind keeping CPS-3 participants informed and connected with study updates. The core members of our team are Tiffany Patterson, Bijion Cooke, Emanuela Mesesan, and Aliyah Green.

Together, this team is responsible for answering questions and maintaining study data for over 300,000 participants. In addition, they serve as a crucial resource for participants by promptly addressing all inquiries via phone or email and assisting on all matters related to CPS-3. They also play an essential role in facilitating participant updates, including content for all communications like the newsletters and conducting thorough data cleanup and quality control checks to ensure that the research team has the most up-to-date information on study participants.

Thanks to their dedicated efforts, the study operates with the most current and precise information, which contributes significantly to the success of CPS-3.



Emanuela Mesesan (left), Aliyah Green, Tiffany Patterson, and Bijion Cooke

Data Confidentiality and Privacy in CPS-3

The American Cancer Society (ACS) is the largest private funder of cancer research in the US and solely funds the creation and ongoing maintenance of our population studies. The information you provide as a participant of this study helps us conduct research analyses to understand cancer risk factors and how

to improve cancer survivorship. Data security and privacy are two of our top priorities in order to ensure the long-term success of our study and to maintain the privacy, support, and confidence of our participants. Please contact us at cps3@cancer.org for additional information or with questions about data protection.

Important steps we take to ensure data security and participant privacy:



The human subjects research oversight of all ACS study activities and data management is approved and continuously monitored by the Emory University Institutional Review Board.



When your data are collected, they are labeled with a unique identification number and stored on secure servers. Your data are stored separately from all personal identifiers, such as your name, and personal identifiers are only accessible to the study management team.



Online data collection accounts are hosted on secure sites, require strong passwords, and use multi-factor authentication methods.



Survey data are analyzed by ACS-affiliated researchers, and results are presented in group form so individuals are not identified.

Excess Body Weight and the Risk of Second Primary Cancers Among Cancer Survivors

There is very limited research about the causes of second primary cancers among individuals with a history of cancer. CPS-II participants were followed for more than 25 years. Over that time, more than 26,000 participants were diagnosed with cancer, some of whom went on to be diagnosed with a second, new cancer. Because excess body weight is related to a higher risk of at least 13 types of cancer, a recently [published paper](#) led by Clara Bodelon, PhD, MS, examined whether excess body weight was also related to a higher risk of a second cancer diagnosis among cancer survivors.

The study found that approximately 43% of cancer survivors were overweight and 17% were obese around the time of their first cancer diagnosis. Being obese was associated with a 34% higher risk of developing a second

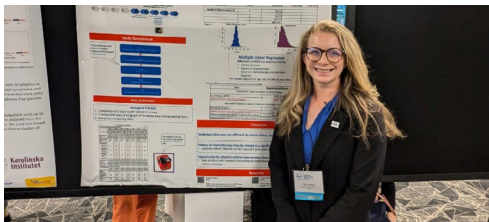
cancer and a 78% higher risk of developing a second cancer that was one of the 13 obesity-related cancers.

Key takeaway: With more than 18 million people living with cancer in the US today, these findings emphasize the importance of recommending healthy weight guidelines and increasing awareness about the risk of second cancers among clinicians caring for cancer survivors. The number of individuals living longer with cancer is growing. Thus, increasing our knowledge of how to reduce the risk of second cancers and improve survivorship is critical. Beginning in March, we will be asking CPS-3 participants who reported a cancer diagnosis on a survey and signed up for the CPS-3 participant portal to provide more information about their cancer experience.

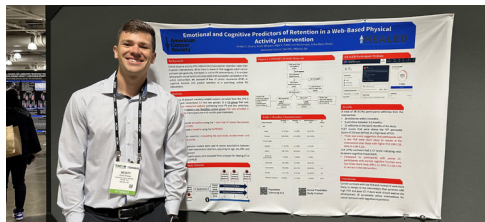
Research Highlights

In the past few years, many of you joined substudies focused on better understanding physical activity and its role in cancer prevention and survivorship. We are excited to share that early results from the CPS-3 Accelerometry Substudy were presented by Jillian Nelson, MPH, at the

Society of Epidemiologic Research Annual Meeting last June. In addition, Scott Whelan, BS, and Erika Rees-Punia, PhD, MPH, presented preliminary results from the HEALED Substudy at the American College of Sports Medicine meeting last May.



Jillian Nelson, MPH, presenting on the CPS-3 Accelerometry Substudy



Scott Whelan, BS, presenting HEALED Substudy poster



Erika Rees-Punia, PhD, MPH, presenting on the HEALED Substudy



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**.