



Research today for a cancer-free tomorrow

CANCER PREVENTION STUDY-3

December 2019 e-newsletter



Happy Holidays!

The Cancer Prevention Study-3 (CPS-3) team hopes that you, our amazing participants, have a wonderful holiday season! Our mission to eliminate cancer is bold but achievable, if we each do our part. That’s why we are grateful for *you*: for completing your surveys; for participating in sub-studies; for contacting us with updated information (address, email, a cancer diagnosis); and for your continued interest and partnership to help save lives from cancer. Thank you, and we wish you and your family a very healthy and happy new year!



Physical activity is medicine!

In March 2018, the American College of Sports Medicine (ACSM) convened a roundtable of experts from 17 partner organizations, including the American Cancer Society, to review the latest scientific evidence and offer recommendations about the benefits of exercise for prevention, treatment, recovery, and improved survival. The comprehensive review and recommendations were outlined in three academic papers published in October 2019 in two scientific journals. Alpa Patel, PhD, principal investigator of CPS-3, served on the executive committee

for this roundtable and contributed to all three papers, including leading one of the papers, titled “American College of Sports Medicine Roundtable Report on Physical Activity, Sedentary Behavior, and Cancer Prevention and Control,” published in *Medicine & Science in Sports & Exercise*®, ACSM’s flagship research journal.



The new evidence-based guidance and recommendations include:

- ✓ **Exercise is important for cancer prevention for all adults.**
Exercise lowers risk of seven common types of cancer: colon, breast, endometrial, kidney, bladder, esophagus, and stomach.
- ✓ **Exercise can help improve survival for cancer survivors** after a diagnosis of breast, colon, and prostate cancer.
- ✓ **Exercise during and after cancer treatment improves** fatigue, anxiety, depression, physical function, and quality of life and does not exacerbate lymphedema.
- ✓ **Continue research** that will drive the integration of exercise into the standard of care for cancer.
- ✓ **Translate into practice** the increasingly robust evidence base about the positive effects of exercise for cancer patients.

In the US, an estimated 1.7 million people will be diagnosed with cancer in 2019 and more than 606,000 individuals will die from the disease. There is a continued need to understand how modifiable behaviors like physical activity may help prevent and control cancer in the population. “These recommendations are designed to help cancer patients incorporate physical activity into their recuperation, and they’re an important reminder that all adults should strive to be as physically active as their abilities allow for cancer prevention,” says Patel. Importantly, CPS-3 will continue to help us better understand the role of physical activity and sedentary behavior in cancer prevention and control.



Meet Our Staff

Thanks to the hard work of our Behavioral and Epidemiology Research Group staff and student interns, our multi-year accelerometry sub-study has been running successfully since its launch in April 2019. From selecting eligible participants, managing invites, packing materials, processing returned physical activity monitors and surveys, and answering questions from participants, **Jeuneviete Bontemps-Jones (JB)**, **Jeshondria McCrary (JM)**, and **Nance Joiner (NJ)** are diligently working each day to ensure the sub-study remains on-track. In addition, four graduate student interns from Emory University have the invaluable opportunity of learning about real-life data collection in population studies as we support the development of the next generation of epidemiologists. Because of their hard work, **over 2,600 participants** have signed up to participate in the sub-study.

"I enjoy seeing the excitement from the participants from the sub-study. They show gratitude for our research, and we are very thankful for their participation."

– **Jeshondria McCrary**



"This project is unique in that we will be working with 20,000 participants who are going to make a huge impact on what we know about physical activity and disease."

– **Nance Joiner**

What is your holiday hope for CPS-3 research?

JB "I hope that we will gain more insight into understanding how behavior and behavior change factor into cancer prevention and quality of life."

JM "I hope that CPS-3 research will continue to encourage more people to get up and moving!"

NJ "I hope that involvement in sub-studies like this one will help people feel more of the power they have against cancer as well as other debilitating diseases and help them realize that daily lifestyle, physical activity, and diet changes can be part of their strategy for preventing disease."



Introducing Dr. Bill Cance, Our New Chief Medical and Scientific Officer

Bill Cance, MD, is looking forward to many things as the American Cancer Society's new chief medical and scientific officer, but top of the list is "working with such an amazing organization to more rapidly take advances in cancer treatment and cancer prevention to the patients." He will lead our Research and Cancer Control departments, unifying our intramural and extramural research, prevention and early detection programs, patient and caregiver support, program and service strategies, global cancer control, and health systems. Cance brings to the American Cancer Society an impressive breadth and depth of experience as an executive leader, practicing surgical oncologist, researcher, and entrepreneur.

Since 2016, Cance has been at the University of Arizona, serving as deputy director and interim director of the Arizona Cancer Center in Phoenix. He is highly regarded as a leader who established a culture of collaboration that advanced cancer care and treatment. Before joining the University of Arizona, Cance held leadership positions at Roswell Park Cancer Institute, the University of Florida, and the University of North Carolina. He earned undergraduate

and medical degrees from Duke University, and he completed a residency in general surgery at Barnes-Jewish Hospital/Washington University School of Medicine and a fellowship in surgical oncology at Memorial Sloan Kettering Cancer Center.



"CPS-3 is widely recognized as a national treasure, and we look forward to even deeper investigations that leverage the data and biospecimens keeping ACS at the forefront of the global cancer mission."

– **Dr. Bill Cance**

For the latest cancer information, day-to-day help, and emotional support 24 hours a day, seven days a week, visit our website at [cancer.org](https://www.cancer.org) or call us at 1-800-227-2345.