

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



December 2021

# E-NEWSLETTER



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We send our heartfelt thanks to you for your participation in the Cancer Prevention Study-3 in 2021. Thanks to you, our dedicated participants, as well as our hard-working study staff, we were able to collect an amazing amount of data this year, which will be used to conduct informative analyses for years to come.

We remain grateful that you volunteer your time and contribute your data to our study, giving hope for a more promising tomorrow in a world without cancer.

With the end of the year upon us, we want to wish you and your loved ones a happy and healthy holiday season. We look forward to 2022 and the many exciting new initiatives we plan to launch in CPS-3!

## Study Updates | 2021 Achievements

### 2021 Follow-Up Survey

Since [launching our survey in spring 2021](#), we have successfully collected detailed health and medical, lifestyle, and environmental exposure updates for over 136,000 CPS-3 participants. These surveys are the core of our data collection efforts and are critical to ongoing cancer prevention and survivorship research. We will continue our survey collection efforts over the next year.



### Accelerometry Sub-Study

In 2021, we reached the halfway mark of our goal to collect 7 days of device-based activity data from 20,000 CPS-3 participants. We look forward to recruiting more CPS-3 participants to join [this sub-study](#) in 2022 and develop a rich data source to further understand how patterns of physical activity impact cancer risk.

## Study Updates (continued)



### Participant Portal Expansion

This year, we expanded [CPS-3 participant portal](#) engagement by registering over 34,000 participants! ACS researchers have already utilized data collected through the participant portal to publish studies and, starting in early 2022, we will extend invitations for the portal to all CPS-3 participants. The goal of the participant portal is to increase your engagement with CPS-3 and make it easier for you to participate in innovative research. Through the portal, we will send more frequent, shorter surveys and activities, as well as invite you to participate in exciting new sub-studies like the Gut Microbiome Sub-Study.



### Gut Microbiome

This fall we expanded the [CPS-3 Gut Microbiome Sub-Study](#) by collecting over 3,000 stool samples from CPS-3 participants. The goal of this study is to investigate the role of the gut microbiome, the collection of microorganisms (such as bacteria, viruses, and fungi) that live inside the digestive system, as it relates to a person's overall health and cancer risk. We will resume invitation and collection efforts in the summer of 2022 to help us get closer to our goal of collecting 10,000 stool samples.

### How can I participate in the Gut Microbiome Sub-Study?

1. **Register for the CPS-3 participant portal** when you receive your invitation in 2022
2. **Keep an eye out for your invitation** to participate in the Gut Microbiome Sub-Study in 2022 or 2023

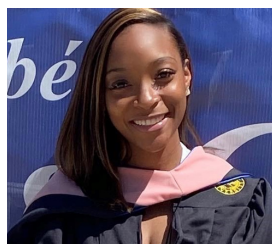
## Meet Our Staff

The goal of a study like CPS-3 is to analyze the data we collect from participants to further understand how cancer can be prevented and how we can all live longer and healthier lives. Before any of this can be done, we rely on study staff to assist participants and to process their incoming survey data. We are happy to welcome two new staff members who will work in our Study & Biospecimen Management group to assist with these efforts: Bijion Cooke (BC) and Tayanna Smith (TS). Their passion for public health has led them to cancer research, through which they both aim to make a lasting impact in their new roles.



**Bijion Cooke**

Bijion will be responsible for communicating directly with you via calls and emails to help with any questions you may have about your CPS-3 participation. Tayanna will provide critical statistical programming support and data management for CPS survey data. They will both assist with participant updates, data clean-up, and quality control processes.



**Tayanna Smith**

### Why they're excited to work in their new positions with CPS-3 research:

"I'm excited to be communicating with the CPS-3 participants and to be a part of a team that the community depends so heavily on as it relates to cancer research. It's truly inspiring to know that the work done here at ACS can impact so many lives positively." - BC

"It's bittersweet to be in this new position. I lost my nana to cancer the same week I accepted this position. I look forward to helping others, hoping that my contribution to this team will help erase the possibility of someone else losing a loved one to this disease." - TS

# Stress and the Pandemic



Over the past two years, our lives have been severely impacted by the COVID-19 pandemic. For many, these changes have been accompanied by an increase in stress. High levels of stress are associated with higher risk of many diseases including cancer. In summer 2020, we used the new CPS-3 participant portal to collect information from 3,000 participants on a variety of experiences and stressors related to the pandemic.

A behavioral scientist in our group, Corinne Leach, PhD, found that nearly half of participants reported at least mild psychological distress and 10% reported moderate-to-severe psychological distress. These results represented participants' lives approximately half a year into the COVID-19 pandemic. Participants who were more likely to have an increase in psychological distress during the pandemic were those who also had higher levels of depression and anxiety symptoms before the pandemic. Participants with chronic conditions, work/life balance stressors (such as caregiving responsibilities), or with financial stressors (such as losing a job) also experienced higher levels of psychological distress during the pandemic.

Another study led by Erika Rees-Punia, PhD, a kinesiologist in our group, explored the changes in physical activity during the early phases of the pandemic and how these changes relate to feelings of depression and anxiety. The results showed that the majority of participants became more inactive and/or increased their sedentary (sitting) time during the pandemic. People who became inactive or increased their sedentary time were more likely to experience feelings of depression compared to those who maintained their pre-pandemic activity levels. Strikingly, participants who became inactive AND sat more during the pandemic were over 200% more likely to have feelings of depression and were 80% more likely to have feelings of anxiety compared to those who maintained their activity levels.

Combined, these two studies demonstrate that many people are at an increased risk for symptoms of depression and anxiety; they underscore the importance of finding ways to be physically active during the pandemic and at other times that are stressful, tiring, or leave us feeling socially isolated. Throughout the course of our lives, we will all encounter stressful times (as an individual or a society), and it remains important for clinicians to identify and screen people who are at a higher risk for psychological stress to provide earlier clinical support and for each of us to develop and use healthy coping mechanisms, such as being physically active, to reduce the negative impacts of stress and boost overall health.

**"There are many ways to safely remain active during the pandemic: such as walking or jogging outdoors with friends while keeping physical distance or following an exercise video on YouTube at home, for example. It is also important to make an effort to avoid sitting too much: try getting up during commercial breaks while watching TV and try to spend more time on active hobbies (for example, gardening or dancing rather than watching movies or playing computer games)."**

DR. ERIKA REES-PUNIA

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** or call us at **1-800-227-2345**.