



# Research today for a cancer-free tomorrow **CANCER PREVENTION STUDY-3**

## June 2019 e-newsletter



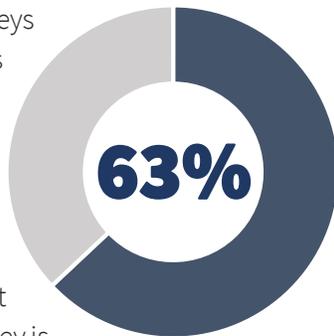
### Welcome to the first CPS-3 e-newsletter!

To keep you more up to date with the research we are doing and to show how you are helping to change the cancer landscape, we will be sending you more frequent updates via email. We hope you enjoy meeting our team, exploring our research, and learning about how you are making a difference in the fight against cancer.



### 2018 Survey Update

Follow-up surveys to CPS-3 participants started in 2015, with a new survey going out every 3 years. The 2015 survey wrapped up with a final response of 73%. The current response to the 2018 survey is 63%. What's exciting about the 2018 survey is that 2 out of every 3 surveys were completed online. Online surveys cost less and offer opportunities for better data due to the built-in quality control checks. We hope that participants enjoy completing surveys online and will continue to do so for future surveys.



### Our Research Group

Our research team has expanded to include experts not only in cancer prevention research, but also in cancer survivorship and health disparities research. In 2017, the Behavioral and Epidemiology Research Group (BERG) was formed through a merger of the ACS Behavioral Research Center and Epidemiology Research Program. BERG investigators leverage a broad range of scientific expertise that creates exciting opportunities for innovative research. Working together we can identify cancer risk factors and intervention strategies for reducing risk or helping people with cancer live longer, healthier lives. Furthermore, we can focus greater efforts on reducing disparities among vulnerable populations. Our collaborative research will better advance information useful to health care providers and policy makers for reducing cancer risk and promoting healthy lifestyles and communities.

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](http://cancer.org) or call us at 1-800-227-2345.





## Meet our Staff

Welcome to the new “Meet our Staff” feature. In the upcoming e-newsletters, we will highlight different members of the Behavioral and Epidemiology Research Group so you can learn about us and how each team member contributes to our shared mission: to reduce the burden of cancer.

Our first highlighted staff are **Tiffany (T)** and **Marquita (M)**. As members of the Study Management Group, they are responsible for answering your questions, responding to your emails, returning your calls, and helping you with all things CPS-3 related. They have responded to an average of over 600 calls or emails each month since the start of our 2018 survey cycle!

“Every survey response matters! I am grateful to our participants contributing their valuable time, health information and thoughtful feedback as we all work together to eliminate cancer.” - Tiffany

## What is the best part of your job?

- T** “Working with the participants and being able to answer their questions about the research from CPS-3.”
- M** “I really enjoy my job because everyone shares the same vision and is dedicated to the mission. This truly creates an environment where everybody is there for each other.”

## What does working at the American Cancer Society mean to you?

- T** “Being a part of ACS means I am part of the mission that is saving lives. I love that I work for an organization where I feel great satisfaction that we are working towards a common goal.”
- M** “Working at ACS means that I have an opportunity to make a positive impact.”



## Diet and Colorectal Cancer

Mark Guinter, PhD, one of the postdoctoral fellows we introduced you to in our [2019 newsletter](#), published the following report: **Associations of Pre- and Postdiagnosis Diet Quality with Risk of Mortality Among Men and Women with Colorectal Cancer**.

A healthful diet can reduce the risk of colorectal cancer. However, the association between diet quality and risk of death from all causes, as well as from colorectal

cancer specifically, among men and women with colorectal cancer is unclear. A study led by Mark Guinter, PhD, examined the associations of pre- and postdiagnosis diet quality with risk of mortality among 2,801 Cancer Prevention Study-II

Nutrition Cohort participants diagnosed with colorectal cancer. Men and women whose prediagnosis diet was most consistent with the **American Cancer Society diet guidelines** for cancer prevention had a 22% lower risk of all-cause mortality. A postdiagnosis diet

consistent with the ACS diet guidelines was associated with a 38% and 65% lower risk of all-cause and colorectal cancer-specific mortality, respectively. Even if you had a poor diet before diagnosis, a healthful diet quality after diagnosis was associated with a lower risk of colorectal cancer-specific mortality.

CPS-3 diet data (collected on the 2015 follow-up survey) are now being used to examine other aspects of diet and their contributions to health. Some health organizations have proposed that a consistent eating

**“In this first study to examine diet quality at both prediagnosis and postdiagnosis time points, we provide evidence that adherence to nutritional guidelines for cancer prevention, consisting of high plant food intakes and low animal products intake, may be used to improve prognosis among men and women with colorectal cancer.”**

– Mark Guinter

pattern throughout the day might help manage excess body weight. Because excess body weight is an established risk factor for developing or dying from at least 13 different cancer types, regularity in the frequency

and timing of meal behaviors may be a useful strategy for weight control. Mark Guinter is now leading a study that is examining the concept of day-to-day regularity in meal timing and frequency in relation to body weight and weight gain.