

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



September 2020 e-newsletter



CPS-3 enrollment started in 2006 at only seven locations and slowly began to expand across the United States, with almost 90,000 study participants enrolled by 2010. It seemed like a nearly impossible goal when we committed to enrolling 210,000 more participants over the next three years, but with your help we did it! Study enrollment ended on December 31, 2013 with over 300,000 participants, thanks to each and every one of you.

Now we're all faced with an even greater challenge, weathering the uncertainties and hardships resulting from the COVID-19 pandemic. Even during this difficult time, we encourage each of you to remain strong and committed to the work that we started together. The Cancer Prevention Study-3 will help to move the mark forward in cancer research. We are just beginning to reap the many rewards of our hard work, and it will, without a doubt, create a future where all can live longer and better lives.

Study Updates

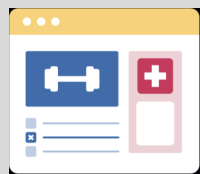
Accelerometry Sub-study When stay-at-home orders were issued in March 2020, we temporarily halted the Accelerometry Sub-Study. After weeks of careful planning, **we relaunched the Accelerometry Sub-Study in August**, ensuring staff safety through social distancing and masking. We are excited to get back to our goal of enrolling 20,000 randomly selected CPS-3 participants into the study, making it the largest study of its kind in the US. If you are invited to participate in this study, you will be asked to wear a device that records your activity levels for 7 consecutive days. Invitations will continue to go out to randomly selected participants through the end of 2021; be on the lookout for an invitation in your email inbox!



COVID Symptom Study Earlier this year, we shared news that we were inviting participants to be part of the COVID Symptom Study, a secure app developed by doctors and scientists at the Harvard T.H. Chan School of Public Health, Massachusetts General Hospital, King's College London, and Stanford University School of Medicine, along with a health science company ZOE. So far, over 8,700 CPS-3 participants have downloaded the app. **It's not too late to download the app** and contribute to the goal of better understanding the symptoms of COVID-19, how it spreads, and its long-term effects on cancer. If you have already downloaded the app, **please remember to log in daily and report your symptoms, even if you are well.** You can also update your study affiliation to indicate you are a CPS-3 participant by going to your profile page, clicking the "i" next to your profile, selecting "Your clinical study," and marking "American Cancer Society Cancer Prevention Study-3." To learn more about this app, visit the [COVID-19 Symptom Study website](#).



Participant Portal Pilot It's hard to believe that when we launched CPS-3, we were still 2 years from the release of the first smart phone. Thanks to ongoing advancements in technology, we were excited to launch a **pilot study to assess the feasibility and usability of an online participant portal** this summer. The goal of the portal is to make it easier for you to share information with us and enhance your experience as a CPS-3 participant. The portal will allow efficient and secure two-way communication between you and our research team. Nearly 3,000 participants registered for the portal pilot. This will allow us to test and provide feedback on the platform before making it available to all participants. We hope to expand portal access beyond this test group over the next year.



Meet Our Staff

Since the beginning of our CPS-3 recruitment efforts in 2006, we have prioritized incorporating digital technologies into all aspects of the study including data collection, participant engagement, data storage, and analytics. The core members of our study management team that promotes and enhances these technologies are **Jayson Crump (JC)**, **Elizabeth Kirkland (EK)**, and **Melissa Rittase (MR)**. Jayson provides technical support to the entire team, manages the analytical software used by the research staff, and oversees the secure servers where our data are stored. Elizabeth and Melissa both work to enhance and streamline data collection via traditional paper surveys, online surveys, and the new participant portal. They are also involved in promoting digital participant engagement. To conduct the most impactful science, effectively engage study participants, and build a truly modern cohort, we will continue to invest in a digital future for CPS-3.



Elizabeth, Melissa, and Jayson meeting virtually – today's new normal.

What is the most promising thing about the digital future of CPS-3?

MR “We will be able to collect more novel types of data, more quickly, while also saving money. Plus, we will have even more ways to actively engage with our participants and share the exciting research that is being conducted because of their commitment to CPS-3.”

EK “Using new digital tools like the CPS-3 Participant Portal will speed up the data collection process and lead to scientific answers faster. There is also the added benefit of reducing cost of printing and mailing paper surveys several times.”

JC “This is a WIN-WIN opportunity for both the CPS-3 research team and the study participants.”

HEALED After Cancer

Studies show that physical activity is a safe and effective way for cancer survivors to improve their mental and physical health. Despite this evidence, it is estimated that at least 75% of cancer survivors do not get enough physical activity.

To address the need for survivors to become more active, Erika Rees-Punia, PhD, an exercise scientist with the group, developed an online physical activity intervention designed specifically for cancer survivors. This intervention, called HEALED (Health and Energy through Active Living Every Day) After Cancer, was pilot -tested in 85 CPS-3 cancer survivors over a 12-week period in late 2019. The HEALED website had a discussion board, exercise videos, fill-in exercise calendars, tips for setting goals and staying motivated, and more. To test the effect of the HEALED website content, physical activity was measured before and after the intervention.



Participants in the HEALED After Cancer pilot study:

- Liked the HEALED website and found it easy to use
- Learned that physical activity is safe for them
- Felt they became stronger and had better balance after participating in the intervention

Overall, the pilot test was a success, and, with the help of our great participants, we learned a lot about how to best implement an online intervention. At-home/online physical activity programs are typically much cheaper than in-person programs and are also much safer in the time of COVID-19. We plan to expand this pilot work and offer an improved version of the online HEALED intervention to a wider group of cancer survivors in the future.

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.