

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



December 2020 e-newsletter

We celebrate you, our CPS-3 participants, for all you have done and all you continue to do for the greater good! The year 2020 has challenged humanity beyond anything we could have imagined. But, if you were selected when we launched the CPS-3 Portal Pilot in June or restarted the CPS-3 Accelerometry Sub-Study in August, YOU answered and were ready to participate. We could not be more grateful and

humbled by your unwavering commitment, even during difficult times.

We now look forward, with optimism, to the many planned CPS-3 activities in 2021. We wish peace, health, and happiness to you and your family this holiday season and thank you again for being a part of the CPS-3 community!

Study Updates

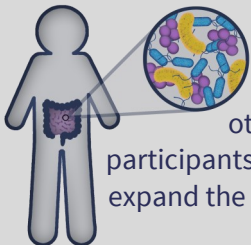
2021 Survey Starting in spring 2021, the triennial CPS-3 follow-up survey will be available to all participants. This survey is similar to the surveys you completed in 2015 and 2018 and includes a wide variety of questions designed to update your medical and lifestyle information. It will also include several COVID-19 questions so we can better understand how the virus may impact cancer. It is essential that all CPS-3 participants complete these surveys (even if you missed one in the past) to maintain the integrity of our study and allow our researchers to conduct impactful research.



Accelerometry Sub-Study After pausing the Accelerometry Sub-Study this spring due to the COVID-19 pandemic, our August 2020 relaunch has received an excellent response. We're encouraged by the enthusiasm to contribute to our goal of collecting activity data from 20,000 CPS-3 participants. We currently have **5,337** participants who have registered for the sub-study, and we will continue to send out invitations throughout 2021. If you receive an invitation in your email, we hope you will join and help make this the largest study of its kind in the US.



Gut Microbiome Sub-Study We are excited to announce that we just launched a new CPS-3 sub-study that will allow us to investigate the role of the gut microbiome on overall health and cancer risk. The gut microbiome consists of microorganisms (like bacteria, viruses, and fungi) that live inside our digestive systems. Each of us has a unique gut microbiome that is shaped by our diet, genetics, and other lifestyle and environmental factors. We are currently testing this sub-study in a small group of participants who registered for the CPS-3 Portal during the pilot phase launched this summer. Our goal is to expand the gut microbiome sub-study and ultimately collect stool samples from 10,000 CPS-3 participants.



Meet Our Staff

A core feature of both CPS-II and CPS-3 is our rich biorepository, which includes millions of samples of blood, buccal cells (skin cells from the cheek from which you can get DNA), urine, stool, and tumor tissue. It takes an enormous effort by our staff to both collect and manage these samples and track their use for innovative scientific research. Led by Cari Lichtman (featured in a previous e-newsletter), the biospecimen management team includes **Elizabeth Bain (EB)**, **Darcy Millard (DM)**, and **Holly Vins (HV)**. This team is involved in all the study activities that include biospecimen collection, such as the gut microbiome sub-study that launched this fall, as well as ongoing collection of tumor tissue for new cancer diagnoses reported by CPS-3 participants. Their meticulous and diligent work allows us to use our exceptional biorepository for cutting-edge research in the areas of cancer genetics, metabolomics, tumor sub-types, the microbiome, and more.



Darcy assembles a Gut Microbiome Sub-Study collection kit (left), while Holly looks through tumor tissue slides (right).

Why is the CPS-3 biospecimen collection so important?

DM “I’m grateful for the participants who consent to letting us use their tumor tissue following a cancer diagnosis. The data extracted from these samples will provide invaluable information and hopefully improve treatment for future patients.”

HV “The biospecimens that CPS-3 participants contribute are so vital to our research! This indispensable resource allows American Cancer Society investigators and collaborators to measure potential risk factors and better understand how and why cancer occurs.”

EB “We are so fortunate to have biospecimens and detailed questionnaire data from our CPS-3 participants. Having both allows us to gain a more complete understanding of what causes cancer.”

A Focus on Health Equity

For the American Cancer Society, health equity means that everyone has a fair and just opportunity to prevent, find, treat, and survive cancer. We believe no one should be disadvantaged in their fight against cancer because of how much money they make, the color of their skin, their sexual orientation, their gender identity, their disability status, or where they live. We approach our CPS-3 research through a health equity lens and seek to improve cancer-related outcomes and eliminate cancer disparities.

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We are using current CPS-3 data to study disparities in cancer prevention behaviors and practices like physical activity, diet patterns, and cancer screening at the individual level and to better understand how these

patterns may differ according to a person’s race or ethnicity, region (living in a rural or urban area), or culture.

Additionally, we are adding new questions to the 2021 survey that will help us understand perceived discrimination and its impact on health by asking participants where, why, and when they have felt discrimination. We continue to find new and innovative types of data to collect so we can gain a broad understanding of the social, behavioral, environmental, lifestyle, and biologic determinants of cancer. We look forward to sharing more exciting news with you on this topic 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](https://www.cancer.org) or call us at 1-800-227-2345.