

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



February 2021 e-newsletter

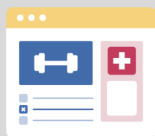


We hope 2021 is off to a good start for you and your loved ones! A new year brings new hope and a refreshed mind. The focus for your American Cancer Society Cancer Prevention Study-3 Research Team has been to prepare the launch of the 2021 CPS-3 survey.

2021 Survey Information

- ◆ The 2021 survey will initially be available in a **secure online-only format in late March**.
- ◆ In March, we will begin sending out email invitations with instructions on how to complete your survey online. Be sure to check your spam/junk folder if you do not receive the email.
- ◆ **Email invitations will be sent out over the course of one to two weeks.** If you never receive the email invitation or do not want to do the survey online, please be patient as we will mail you a paper survey in June 2021.
- ◆ You can **save the American Cancer Society money and time** by completing your survey promptly and online.
- ◆ The 2021 survey asks a wide variety of questions so we can update your medical and lifestyle information and asks new questions of interest on topics like COVID-19.

Study Updates



Participant Portal Expansion During the summer of 2020, 3,000 CPS-3 participants registered to test the feasibility and usability of a new CPS-3 participant portal, a secure web platform designed to help engage our CPS-3 participants in more frequent, much shorter surveys and allow us to communicate more efficiently with you. The pilot phase was successful with positive feedback from pilot participants, so we are pleased to announce that we will be expanding portal engagement in 2021.

COVID-19 Symptom Study App We encourage all participants who downloaded the COVID-19 Symptom Study app to continue to report daily symptoms, any COVID-19 test results, and vaccination information. We will be able to use this data to help us assess how COVID-19 has impacted cancer prevention efforts. If you haven't downloaded the app but are interested in joining the more than 9,300 CPS-3 participants who have, you can learn more about the app and how to download it by visiting the [COVID-19 Symptom Study website](#).

Accelerometry Sub-Study We continue to invite CPS-3 participants to join the accelerometry sub-study. So far, over 6,400 participants have registered. Thank you to all participants who have completed their 7 days of activity tracking. We encourage everyone who receives an invitation to help us achieve our goal of collecting activity data on 20,000 CPS-3 participants, making it the largest study of its kind.

Gut Microbiome Sub-Study After introducing the Gut Microbiome Sub-Study in the December 2020 e-newsletter, we received a lot of interest from participants about how to get involved. Our pilot testing phase was a success, so we plan to expand this sub-study with the ultimate goal of collecting 10,000 samples. We will be conducting this sub-study over the next couple of years, so while you may not receive an invitation right away, you will have the opportunity to join in the future.



Introducing the Department of Population Science (PopSci)

Over the past year, our research team has experienced many changes. Some of them were unexpected as a result of the global COVID-19 pandemic, while others were planned and designed to focus our research efforts to make the greatest impact on cancer from prevention to early detection to survivorship.



Early in 2020, Dr. Alpa Patel was asked to lead the new Population Science team, bringing over 20 years of experience at the American Cancer Society (ACS) including the development and implementation of CPS-3. The new Population Science team continues to have at its core our

“Our new team with its broad range of expertise and rich CPS-3 data will lead to innovative research opportunities and ultimately save more lives from cancer. It is an exciting time in cancer research, and I am honored to lead this team into the future.”

- Alpa Patel, PhD, Senior Vice President, Population Science

population studies like CPS-3, and now includes additional experts in epidemiology, behavioral science, program evaluation, and interventions.

Along with the leadership of Dr. Bill Cance, ACS Chief Medical and Scientific Officer, and other senior leaders, the broader ACS research and cancer control programs were also redesigned into what is now called the Office of Cancer Research and Implementation (OCRI), reflecting our more deliberate goal of integrating cancer

research with cancer control implementation and programs. In doing so, we will work more effectively than ever before to translate scientific evidence into action and have an even greater impact in the fight against cancer.

What is a Cohort Study?

As we prepare for the launch of our 2021 CPS-3 follow-up survey and ask each of you to volunteer your time and information to complete this survey, we want to provide an overview of the structure and goals of CPS-3. Ultimately, the success of CPS-3 lies in the continued engagement of participants like you, and we hope you take pride in the contributions you continue to make to CPS-3 cancer research.

CPS-3 IS A PROSPECTIVE COHORT STUDY

- In a prospective cohort, the **same group of participants are followed for many years.**
- Over time, information is collected from participants like you and used to see how changes in lifestyle, behaviors, and health, as well as the environment, affect the risk of developing cancer, other diseases, or dying.
- We can **compare the differences between those who do get cancer and those who do not** while also conducting unique analyses on potential causes of cancer.
- For participants who do develop cancer, it is important to continue to collect information **even after the diagnosis.**



INFORMATION WE COLLECT



SURVEY DATA

Lifestyle, behavioral, health, and environmental information is **updated regularly.**



BIOSPECIMENS

Blood, urine, stool, and tumor tissue samples are **used to investigate genetic, epigenetic, and metabolomic markers associated with cancer risk, prognosis, and survival.**



BIOMETRIC DATA

Objectively measured information (like movement data from activity trackers and waist circumference) is **used to validate or supplement participant-reported information.**

FOLLOW-UP SURVEYS



Surveys are sent to all CPS-3 participants at minimum every 3 years. It is important that you complete each of these surveys, allowing us to collect updated information over time.



These surveys allow us to explore **contemporary questions** on topics like the COVID-19 pandemic, e-cigarettes, health disparities, and cancer survivorship.

CPS-3 is uniquely situated to help answer pressing cancer prevention and survivorship questions due to its:

- Large size (**over 300,000 participants**)
- Rich biospecimen repository
- Increasing use of **modern technologies**
- Geographic and racial/ethnic diversity - **participants from all 50 states, D.C., and Puerto Rico**

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.**