

We'd like to hear from you

Include a photo of yourself if you're willing!



Women today benefit from those before us who participated in breast cancer research. Tell us and future participants why you decided to participate in the New York Breast Cancer Study. We may print your responses on future newsletters or include it in on the NYBCS website.

Why do you participate in research?

What do you think is important for future participants to know about participating in research?

I authorize the New York Breast Cancer Study and Roswell Park Comprehensive Cancer Center to produce, use, disclose, display and/or reproduce the content I've provided above, including my photograph if included, in New York Breast Cancer Study materials including on the New York Breast Cancer Study website. I understand that my content will be published anonymously, unless I specify that my first name can be used.

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Print Full Name

Signature

Date

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We continue to be so thankful of all the NYBCS participants who have given their valuable time in helping us understand the causes of different types of breast cancer.

We are in our **FOURTH YEAR** and the study has **ENROLLED OVER 1300 women.**

YOUR contributions to the study help us answer **important questions in breast cancer research** so we can **help women in the future.**

Christine Ambrosone, PhD



In the News



Our team at Roswell Park has been studying how exercise and other 'healthy' lifestyle habits may affect outcomes in women with breast cancer.

The American Institute for Cancer Research (AICR) and the American Cancer Society (ACS) have published guidelines for cancer prevention, which may also reduce risk of recurrence in cancer patients.

THESE GUIDELINES



Not smoking

Eating a colorful variety of fruits and vegetables, as well as whole grains



Maintaining a healthy body weight

Being physically active



Limiting or avoiding alcohol

Limiting or avoiding sugar-sweetened beverages



Limiting or avoiding red and processed meats



Rikki Cannioto PhD, EdD, MS, working with **Christine Ambrosone, PhD**, the Principal Investigator of the NYBCS, addressed this question in a large study of women receiving chemotherapy for breast cancer.

They found that **women who followed one or more of these guidelines before, during and after chemotherapy greatly reduced their risk of having a breast cancer recurrence and improved their survival.** Importantly, they also found that even if patients did not have these behaviors before, it wasn't too late to start making healthy changes to still see improvements in outcomes.

Dr. Cannioto's study looked at patients who started these healthy lifestyle habits after being diagnosed and after being treated and still found benefits.

“This study provides excellent data showing that even if patients don't have these positive behaviors during treatment, what they do before and after treatment still makes an important difference in their outcomes,” concludes Dr. Ambrosone.

Doing all the prescribed habits may be intimidating to start and difficult to maintain, but Dr. Cannioto's study found that even making a few changes can be really helpful.

She found the two habits that contributed most to the relationship between lifestyle and improved cancer outcomes were adherence to not smoking and engaging in physical activity. However, consuming fruits and vegetables and limiting intake of sugar-sweetened beverages also contributed significantly to reducing risk.



STARTING TO MAKE ANY HEALTHY CHANGE AT ANY POINT APPEARS TO BE HELPFUL AND IMPORTANT.

Need some help getting started?

RESOURCES TO QUIT SMOKING: Every Try Counts:

A helpful page from the National Cancer Institute where you can find information no matter what stage of quitting you're in – just wanting to learn more, starting small, or setting a quit goal.

EveryTryCounts.BeTobaccoFree.hhs.gov

Or call the **NYS Smoker's Quitline** at **1-866-NY-QUITS** (1-866-697-8487)

RESOURCES TO LEARN MORE ABOUT EXERCISE: Top Tips from the AICR: Start Moving

Sometimes getting started is the hardest step. There may be mental hurdles to overcome, and feelings of frustration to get through. But it's never too late to start being active. And any type of physical activity is better than none.

Make it easy on yourself by starting simply, starting where you are, and taking one day at a time.

MEANING: If you used to run but you haven't laced up in years, then don't shoot for ten miles on day one. And, if you've never been into fitness, then don't start with a high-intensity, cross training class.

Instead, set some realistic goals, make a plan, and try to get a little better each day.

For more information, visit:

aicr.org/cancer-prevention/recommendations/be-physically-active

FIND US ONLINE

The **New York Breast Cancer Study** now has a web presence. Find the study and study updates at

www.RoswellPark.org/NYBCS

