

Tomorrow's News

Volume 1 Issue 2

August 2001

The Tomorrow Project: Albertans Studying the Connection Between Lifestyle and Cancer

Welcome

The second issue of Tomorrow's News provides a study update, puts some 'faces' to the research team, and highlights how participant feedback is shaping the study. Thank you for your feedback; *The Tomorrow Project* would be impossible without your continued assistance and we love to hear from you!

Welcome to all new *Tomorrow Project* participants. "Tomorrow's News" is sent twice a year to all people in the study. Current and previous versions of the newsletter can be found at: www.thetomorrowproject.org

Study Update

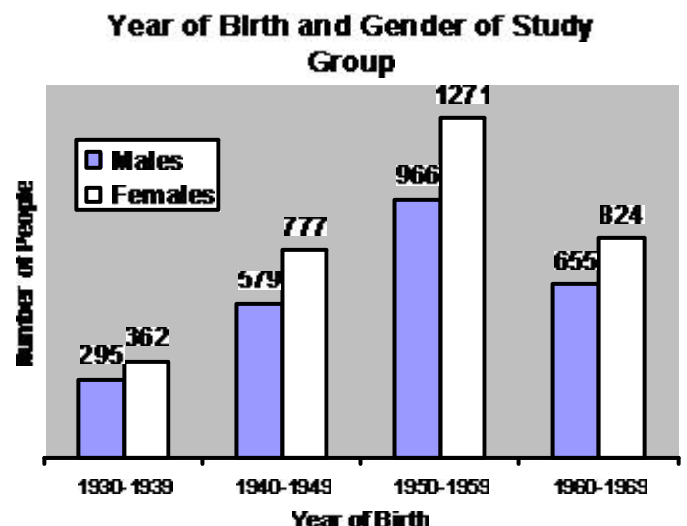
Great progress is being made - the first round of recruitment from the Calgary and David Thompson Health Regions is complete. Residents in the Chinook, Capital, Aspen and Mistahia Health Regions are now being phoned. **As of mid August, approximately 6000 people have been recruited for the study from 220 Alberta communities!**

The study team has been busy placing pins on a map of Alberta when a participant from a new community is recruited - a great geography lesson for those of us from the city. The pins in the map currently stretch north to Worsley, west to Cherry Point and Bonanza, east to Chauvin and Cold Lake, and as far south as Coutts and Del Bonita near the US border.

Looking ahead... A third wave of recruitment will be launched in the fall when residents in the remaining regions of Alberta will be contacted, moving us toward our target of 10,000 participants by January 2003.

If you are from the Calgary or David Thompson Health Regions and are considering providing a blood sample for the study, watch for an information package in the mail this fall about this new phase of the study. The information will include reasons for giving a blood sample and directions on where you can go in your area to provide a sample if you do decide to take part. As always, feel free to call us with any questions.

Who has joined the study so far? The chart below describes the participants recruited in the first nine months of the study. As you can see, *The Tomorrow Project* participants are more likely to be born in the 1950's, and there are more women than men in all age groups.



What's New?

Based on your feedback, **changes** are being made to the mail-out process for questionnaires. Participants will now have a **three-month break** between the first two sets of surveys. For example, if you returned your first questionnaire in August, you can expect to receive your next set of questionnaires in November.

Thank you to those who have completed all three questionnaires so diligently. You did a great job and rest assured you will not receive another questionnaire for another year or two!

P.S. If you are still working on that first questionnaire, it's never too late to send it in. We need as many of you as possible to take part in order to have a representative group of Albertans in the study.

Research Team

The staff of *The Tomorrow Project* recently placed over 220 pins in a map of Alberta – one pin for each community represented to date.



Left to right, back row: Noelle Blair, Ursula Dawe, Gwynne Rees, Holly Fritz (*volunteer*), Jacqueline St. Aubin, Dorothy Holman. *Front Row:* Sherri Bouchard, Farah Chishty, Linda Kincaid, Ruth Ullman, Janice Spencer. *Missing:* Monique Boulanger, Heather Bryant, Christine Ekvall, Connie Goodsell, Rose McIntyre.

Frequently Asked Questions

Q: My health has changed since I was recruited on the phone. Can I still take part in the study?

Yes, provided you have not been diagnosed with cancer before you have officially enrolled.

Q: If I have chronic health problems like heart disease or MS, can I stay in the study?

Yes! You are welcome to participate regardless of your health history, as long as you have no prior history of cancer.


Q: Could the questionnaires be made available online?


The questionnaires may be available online sometime in the future. Doing so would eliminate the costs associated with printing, mailing and data entry.


Comments From Participants

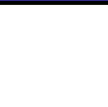
"Participation in this project may actually be a lifestyle change agent for people. Having to record information involves some accountability..."

"I feel good knowing that this survey may someday help cure or prevent cancer, if not possibly for myself but maybe for my children and their children."

 Email:
tomorrow@cancerboard.ab.ca

 Web Site:
www.thetomorrowproject.org

 Canada Toll Free:
1.877.919.9292

 **The Tomorrow Project**
Alberta Cancer Board
c/o Tom Baker Cancer Centre
1331 - 29 St NW
Calgary, AB T2N 4N2



A research initiative of the Alberta Cancer Board