

# Tomorrow's News

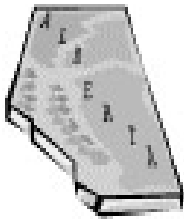
Volume 1 Issue 1

February 2001

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

## Welcome

Welcome to the first issue of *Tomorrow's News*, a newsletter for participants in *The Tomorrow Project*. *Tomorrow's News* will keep you informed about the progress of the study, provide information about study plans and give research updates. The newsletter will be mailed two to three times a year and also will be posted on the study's website.



## What is The Tomorrow Project?

*The Tomorrow Project* is a long-term research study looking at the connection between lifestyle and cancer. In partnership with 50,000 Albertans, the goal of the study is to learn why some people remain healthy and some develop cancer. The Alberta Cancer Board funds *The Tomorrow Project*.

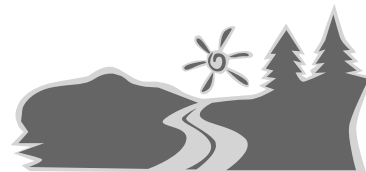
The participants in the study are men and women between the ages of 35-69 who are willing to give information to the research study about their health, lifestyle and occurrence of illnesses until age 85. Participants will be from all parts of Alberta, from all walks of life and from a wide variety of backgrounds.



## What's New?

*The Tomorrow Project* has a new "look", representing the study's focus on the future of cancer research. The logo and study description, "Albertans Studying the Connection Between Lifestyle and Cancer" were designed with the help of Albertans who took part in focus groups in the fall of 2000.

*The Tomorrow Project* is also pleased to announce the launch of a study website designed primarily for participants. This site provides background information about the project, links to interesting health information sites on the web and a "Comments and Suggestion Box" for feedback. Visit the website at: [www.thetomorrowproject.org](http://www.thetomorrowproject.org)



## Study Update

The fall of 2000 was an exciting time for the study team. Recruitment for *The Tomorrow Project* began in October 2000. Interviewers from the Population Research Laboratory at the University of Alberta phoned a random selection of households in the Calgary and David Thompson Health Authorities

and invited eligible people to consider participation in the study. The response was excellent and to date, 2500 people have agreed to receive the initial surveys.

The second phase of the study is now underway. Participants are currently being asked to complete a questionnaire about their health and lifestyle, and to return the questionnaire to the study centre along with a signed consent form. A second set of surveys about diet and physical activity will be mailed shortly. Participants will be officially enrolled in the study upon receipt of the three surveys and the consent form.

The first 2500 participants in the study will be invited to provide feedback about the recruitment and enrollment process as well as the surveys themselves. This information will be invaluable in the design of the next recruitment phase, scheduled to begin in the spring of 2001.



## The Research Team

The research team, located at the Tom Baker Cancer Centre in Calgary, includes:

**Heather Bryant**, PhD, MD  
Principal Investigator

**Ursula Dawe**, PhD  
Project Director

**Ruth Ullman**, BScN, MSc  
Research Associate

**Sherri Bouchard**, BSc  
Research Assistant

**Linda Kincaid**,  
Secretary

## Frequently Asked Questions

We have received the following questions on the toll-free line:

Q: Can other people volunteer for this project?

People taking part in *The Tomorrow Project* are chosen at random, to ensure that participants truly reflect the population of Alberta. For this reason we cannot accept people interested in signing up unless we have contacted them first.

Q: If I move, can I stay in the study?

Yes! We are interested in keeping you in the study even if you move outside the province or country. Please call us to change your address and phone number in our records. Call toll-free in Canada: **1.877.919.9292**

Q: When will you know the results of the study?

*The Tomorrow Project* is a long-term study. Because of this, many of the important results related to the causes and prevention of cancer will not be known for many years. However, the information that you provide in the short term will be very valuable, as it will paint a picture of the current lifestyle and health patterns of Albertans.

## Comments From Participants

Is there anything that you would like to see added to this newsletter? If so contact us in any of the following ways:



[tomorrow@cancerboard.ab.ca](mailto:tomorrow@cancerboard.ab.ca)



Canada toll free:

**1. 877.919.9292**



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**Alberta Cancer Board**

A research initiative of the Alberta Cancer Board