

CaPSURE™ Diet and Lifestyle Study

From 2003 to 2007 a group of nearly 2,000 CaPSURE™ participants were followed prospectively to examine the effects of diet and physical activity in men with prostate cancer. Funding support for this research was provided by a grant from the Department of Defense (DoD). June M. Chan, Sc.D., a cancer epidemiologist at UCSF, has led this study. Since that initial period of data collection, several analyses have been conducted.

In 2010, Erin L. Richman, a doctoral student from the Harvard School of Public Health in Boston, MA, examined data on the physical activity of 1,264 men who were followed for an average of two years after diagnosis. Other published studies have suggested that vigorous physical activity may reduce the risk of developing advanced prostate cancer, perhaps by reducing the amount of body fat, by reducing insulin resistance, and by reducing inflammation. Ms. Richman's study compared the impact of vigorous and non-vigorous physical activity on the risk of prostate cancer progression. Walking was the most common form of physical activity reported by study participants. Men who walked three or more hours per week at a brisk pace (greater than or equal to 3 miles per hour (mph)) had a

57% lower rate of progression of their prostate cancer when compared to men who walked less than three hours per week at an easy pace (less than 2 mph). In order to formally test the hypothesis that vigorous exercise may provide a protective effect on the progression of prostate cancer, a randomized control trial should be a high priority for future research.

Ms. Richman has received several awards for this research. She was awarded the Campbell Scholar Award, from the American Institute for Cancer Research at their annual conference in October 2010. She was awarded the "Best Population Science/ Outcomes Research Poster", at the UCSF Prostate Cancer Program, Scientific Research Retreat, in June 2010. Finally her study findings will be presented at the Innovative Minds in Prostate Cancer Today (IMPACT) conference, hosted by the DoD Prostate Cancer Research Program in March 2011.

New CaPSURE™ Collaborations

Starting in September of 2010, CaPSURE™ joined two national and international collaborative research initiatives.

- The *Comparative Effectiveness Analysis of Surgery And Radiation* (CEASAR) study is coordinated by David Penson,

M.D., M.P.H. at Vanderbilt University in Nashville, TN. CaPSURE™, along with a network of four Surveillance, Epidemiology and End Result (SEER) tumor registries in New Jersey, Atlanta, Louisiana, and Los Angeles, will participate in this study. The purpose of this project is to compare the effectiveness of contemporary surgical and radiation techniques for localized prostate cancer during the first year after initial treatment. A total of 4,200 men, who are newly diagnosed with prostate cancer, will be asked to participate in 2011 and closely followed for 1-year after treatment. CaPSURE™ will recruit 500 men for this study. This research project is funded by a federal grant from the Agency for Healthcare Research and Quality (AHRQ).

- In September of 2010, CaPSURE™ joined the *Cancer Intervention and Surveillance Monitoring Network* (CISNET). This collaborative project will be led by Ruth Etzioni, Ph.D. from the Fred Hutchinson Cancer Research Center in Seattle, WA. The goal of CISNET will be to create disease modeling tools to support clinical decision making and policy development for the treatment of prostate cancer. CISNET will draw upon datasets from the United States as well as European prostate cancer screening trials. In addition to UCSF-CaPSURE™ and the Fred Hutchinson Cancer Research Center, researchers from the University of Washington, the University of Michigan, and Erasmus University in Rotterdam, the Netherlands will participate in the CISNET data modeling project. This research project is funded by a federal grant from the National Cancer Institute (NCI).

UCSF CaPSURE™ Scholars

Since 1999, the CaPSURE™ study has supported the *UCSF-CaPSURE™ Scholars Program in Prostate Cancer Outcomes Research*. The goals of the scholarship are to advance prostate cancer research and to support the mentorship of young investigators. To date over 48 scholars have published research papers in professional journals. We would like to congratulate the four new scholars for 2010-2011:

Aditya Bardia, MD, MPH

from the Department of Medical Oncology, at Johns Hopkins University, in Baltimore, MD will be studying the use of cardiovascular medication among men treated for prostate cancer.

Mohammad Minhaj Siddiqui, MD

from the Department of Urology, at the Massachusetts General Hospital, in Boston, MA will be studying disparities in quality of life among ethnic minority men.

Jeffrey Tomaszewski, MD

from the Department of Urology, at the University of Pittsburgh, in Pittsburgh, PA will be studying the use of folic acid treatment for prostate cancer.

Houman Vaghefi, MD, PhD

from the Department of Radiation Oncology, at the Cleveland Clinic, in Cleveland, OH will be studying the use of brachytherapy in men with high risk prostate cancer.

*Thank you all for your
contributions to
CaPSURE™.*

*Best wishes to you for a healthy
and happy 2011!*

	JANUARY 2011	FEBRUARY 2011	MARCH 2011	APRIL 2011	MAY 2011	JUNE 2011
Doctor/Healthcare Worker visits (# of visits, type of doctor)						
Tests/Imaging (Type of test, # of tests)						
Medications <u>Changes Only</u> (Names, dates/dosage)						
Injections (Names, dates/dosage)						
Hospital / ER visits (Name of hospital, # of days)						
Outpatient Surgeries / Procedures (Name of procedure)						

*** This sheet is strictly to help you fill out our next questionnaire. Please keep for your records. ***

	JULY 2011	AUGUST 2011	SEPTEMBER 2011	OCTOBER 2011	NOVEMBER 2011	DECEMBER 2011
Doctor/Healthcare Worker visits (# of visits, type of doctor)						
Tests/Imaging (Type of test, # of tests)						
Medications Changes Only (Names, dates/dosage)						
Injections (Names, dates/dosage)						
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