



PATHWAYS

A Study of Breast Cancer Survivorship

A NEWSLETTER FOR STUDY PARTICIPANTS

Fall 2010



The Pathways team is pleased to have one of our participants volunteering in our office for a short period of time. “Patty Participant*” (not her real name!) recently shared with us some of her experiences as a Pathways participant and staff member.

“Patty” was the first one on her side of the family to be diagnosed with cancer. Her diagnosis came on the heels of also being laid off from her job, so it was like a double whammy. While she was undergoing surgery and various treatments, she stayed with her daughter who lives close by. “Patty” told us that the breast cancer experience “took a year out of her life,” but that her daughter pampered her when she really needed it. Her daughter was also supportive of her participating in Pathways, as the study does not ask participants to change their lifestyle.

When “Patty” received the letter in the mail describing the study, she was interested right away because she wanted to be able to help someone else down the road. Her experience with the initial interview was positive, and she told us that the interviewer who worked with her was very accommodating with regard to the time and place to meet, which made a big difference in making it easy for her to participate.

“Patty” has completed her 6 and 12-month follow-ups so far. She has not had too much difficulty since

* Name has been changed to protect confidentiality.

the materials were familiar to her from the original interview. When she received the packet for the six month follow-up, she kept her food diary next to her during meals so she could write down exactly what she was eating at the same time. She was not able to get together with someone to help her with her measurements, so she measured herself as best she could.**

“Patty” feels a commitment to the study and is grateful for the opportunity to contribute towards finding out any answers to help other women with breast cancer. She also enjoys the newsletters and finds them interesting to read.

“Patty” joined us in the office recently for a temporary assignment. She has been interested in seeing the inner workings of all that goes into making a research study successful. She has been helping with many tasks such as putting packets together for the different stages of follow-up. “Patty” has been enjoying her work and the interaction with staff, and we certainly have enjoyed working with her and hearing her perspectives as a breast cancer survivor!

As always, we appreciate your participation in the study and welcome your input on our newsletter and other study activities. You can always contact us at 1-866-206-2979. The Pathways staff would love to hear from you!

** The Pathways staff would like participants to know that if you are unable to have someone help you with the measurements, we can send an interviewer to help you. Please call us at 1-866-206-2979. This way, the measurements can be taken in a way that is consistent for all the participants, which is important for the quality of our research. Our interviewers also enjoy visiting to see how you are doing! ☒

PATHWAYS UPDATE – Who Is Participating?



To give you another perspective on the diversity and breadth of the Pathways Study, we thought you might be interested in the distribution of age at which you first joined our study. 734 (22%) of you were less than 50 years old, 981 (30%) of you were between 50 and 59, 917 (28%) of you were between 60 and 69, and 647 (20%) of you were 70 or older.



We are grateful for your role in Pathways. All of you add meaning and diversity to our team, and contribute your unique perspective to the information we are gathering. Thank you for participating! 🌸

BASELINE INTERVIEW
3,279 completed

6 MONTH FOLLOW-UP
1,959 completed

12 MONTH FOLLOW-UP
2,467 completed

24 MONTH FOLLOW-UP
1,264 completed

48 MONTH FOLLOW-UP
395 completed

PATHWAYS FACES:



JOSH (ISAAC) ERGAS

Josh Ergas has been with Pathways since its very beginning in 2005, and is a programmer with an MPH (Master of Public Health) in Epidemiology and Biostatistics. He recently earned his MFA in film and television production and is currently working on a film about Dr. John Snow, an iconic public health hero.

JUN SONG

Jun Song joined us as a Pathways programmer in November 2009. She is trained in Statistics and Agricultural Economics. She enjoys making pottery, stained glass and camping.



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PATHWAYS FACES *continued:*

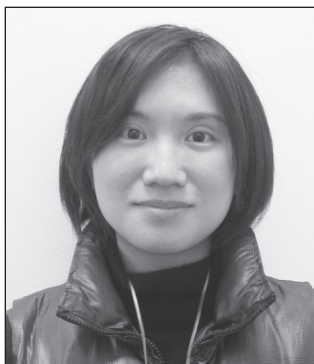
MARIANA PEREYRA

Mariana Pereyra has been a Pathways interviewer since May 2010. She has worked for Kaiser for the past 10 years, six of which were with health education. She recently received her bachelor's degree in Psychology from Mills College. She enjoys spending time with her daughters and her lovable dog, Rocco.



WENDY SUN

Wendy Sun joined Pathways in June 2010 as the primary Chinese-speaking interviewer. She studied biology and psychology at the University of California, Berkeley. She enjoys cooking, reading and traveling.



SANA IRFAN

Sana Irfan is our newest phone interviewer. She studied psychology and political science at the University of California, Davis. She enjoys reading, good lattes and traveling around the world. Sana may be calling you for your next phone follow-up!



GARRETT CHIN

Garrett Chin joined Pathways as a research assistant in August 2010 after finishing his undergraduate degree in psychobiology at the University of California, Davis. Prior to joining Pathways, he interned at



the Division of Research during summer breaks. Garrett enjoys playing bass guitar, swimming and rock climbing.

Staff Follow-Up:

PAULA PARTEE

Paula Partee was one of Pathways' first interviewers. She recently finished

her Master of Public Health and has gone on to



be a program coordinator for another study at the Division of Research. Paula is proud to have worked for Dr. Kushi and Dr. Kwan (the Pathways principal investigator and lead co-investigator), and it gives her great pleasure to read recent articles about their research! ❖

For the most up to date information on the Pathways study, please visit our website:

<http://pathways.kaiser.org> ❖

New Contact Information?

In order to keep in touch with you we must have your latest contact information. Please let us know if your phone number or home address has changed. You can reach us by calling our toll-free number, 1-866-206-2979. ❖

**Happy Holidays
from the
Pathways Study
Staff!**





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