



PATHWAYS

A Study of Breast Cancer Survivorship

A NEWSLETTER FOR STUDY PARTICIPANTS

Spring/Summer 2013

Update from the Principal Investigator's Corner

The Pathways Study: *The End of the Beginning*

By Larry Kushi

I would like to extend my gratitude to everyone who is participating in the Pathways Study, and to our outstanding team of field staff, as we have recently ended recruitment and enrollment of *new* study participants. As of May 15, we have enrolled 4,510 women into the Pathways Study. This could not have been achieved without the participation and involvement of dedicated and enthusiastic staff, willingness of women to open up their hearts and lives to our study during a time-changing period in their lives, and to the many others who helped to make this happen.

The Pathways Study began recruitment of women diagnosed with breast cancer in January 2006, over seven years ago. In our first grant application, we had optimistically and naively projected that we could enroll about 5,000 women in a little less than five years. While that projection was inaccurate,



in our renewal application, we projected final enrollment of about 4,300 women by the end of the year 2014. We have exceeded that projection,

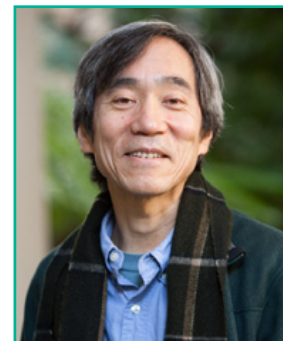
both in the number of women willing to participate, and the timeframe for enrollment. This is an outstanding accomplishment for all involved.

However, completion of enrollment of women into the Pathways Study is not the end of our work, and, while a significant milestone, marks only the beginning of our study. As those of you who have been in the study for a few years know, we recontact study participants at periodic intervals to update information, to find out how you are doing, and to follow your progress. The study is a “prospective” study – that is, we are following the whole group of you, now 4,510 strong, so that we can determine whether the foods you choose to eat, or your physical activity patterns, make

a difference in the breast cancer experience – in quality of life, in recurrence rates, in development of other conditions that may be a consequence of treatment, and in survival rates. While we have already done some data analyses on quality of life (which we have had the pleasure in sharing with you in past newsletters), we will now begin initial data analyses in the areas of prognosis and survival in the near future. When these analyses have been published, we will be certain to provide information about them in future newsletters.

Because of the end of recruitment, we have changes in staff and workscope on the Pathways Study. I want to personally thank our staff members who have played the central role in contacting potential participants, scheduling appointments with women who were interested, going through the informed consent process, conducting data and biospecimen collection, and following up with sending information to and documenting all their procedures. While many of these individuals will be continuing with the study, I would like to specifically thank Judy Jensen, Sandra Wolter, Virginia Pozo-Castrillo, Elinette Nicolas, Claudia Samayoa, Wendy Sun, Katie Mayers, Veronica Rincon, Kate Szaky, Sara Lee, Mariana Pereyra, Janet Thiessen, Althea Crichlow, Veronica Ting, Nancy Wittels, Kalliope Bellesis, Paula Partee, Socorro Ramirez, Yvonne Quevado, Marina Early, Donneva Johnson, Laura Beth Jones, Cynthia Perry-Baker, Linda Piercy, Veronica Lopez-Villasenor, Dayani Nualles, and Mercy Somera.

While our greatest appreciation is for the many women who have agreed to make the Pathways Study a part of their journey with breast cancer, the people named here have played such a central role for the study, and have been a vital part of its success. ☒



Pathways Collaborators

Susan Kutner, MD

Breast Surgeon, KP San Jose



The Pathways Study has enrolled over 4500 participants from NCAL Kaiser Permanente to help inform us of what we can do to improve the outcomes for all women diagnosed with breast cancer. I have been a Clinical Advisor to the Pathways Study since its beginning. I

have been a general surgeon with a subspecialty practice in breast surgery at Kaiser Permanente (KP) for the past 30 years. In addition to my clinical practice, I have been chair of the Northern California Kaiser Breast Care Task Force since 1995, and am also a member of the Interregional Breast Care Leaders Group of the Permanente Federation. The mission of the Task Force and Breast Leaders Group is to provide our members comprehensive, coordinated, timely and compassionate breast care utilizing all the latest technologies from screening, to diagnosis to treatment and survivorship. Recently I was also appointed to the CDC (Centers for Disease Control and Prevention) Advisory Board on Young Women with Breast Cancer.

Along with serving on other advisory boards in California and nationally, I also enjoy hiking, mountaineering and climbing. It keeps me motivated to continue my exercise program, which includes running and weight training.



I have also had the opportunity to participate with The Breast Cancer Fund in The Climb Against the Odds as a climber and team physician. My expeditions with Climb Against the Odds include Mt. Fuji in 2000, Mt. Shasta in 2003, Mt. Rainier in 2005, and Mt. Shasta again in 2006 and 2010. The experience of climbing with the courageous women who have survived breast cancer was a true inspiration.



Over the past 30 years, I know that in my practice we have improved the diagnosis and treatment of breast cancer such that many more women are living long and well after their diagnosis. We still have a lot to learn about how to prevent the disease, how we can improve the outcomes with less side effects, and what changes women might make in their diet, exercise and other environmental exposures that will decrease risk of recurrence or developing the disease. The results from the Pathways Study will be a scientific approach to answering some of these questions.

I would like to take this opportunity to thank all of our participants for taking the time to become a part of this journey of discovery. It is only through your willingness to share your experiences that we can inform the future. I would also like to acknowledge the passion and dedication of our research staff whose commitment to this project is what makes me proud to be a part of this study. This is part of our commitment at KP to continuous improvement to help our members live long and live well. ☒

Scars that Matter: Breast Cancer, Religion, and Identity

Study by Jaime Wright



Jaime is currently working on the Scars that Matter study (his doctoral dissertation), which explores how women with breast cancer utilize cultural, religious, spiritual, and holistic resources to understand, engage, and cope with the illness. Now that Scars that Matter is underway, he is enjoying discussing these topics with the Pathways participants who were contacted and opted into the study. He is grateful that the Pathways researchers and staff have been helpful and encouraging since the beginning of this project. Most of all, he is deeply appreciative of the participants who take time out of their lives to share their experiences of breast cancer while opening up about their beliefs and practices. ☒

Pathways Former Staff: Mariana Pereyra

Mariana recently moved on from the Division of Research to work in San Jose. She started a new position as an Enrollment Specialist in Account Management for Kaiser Permanente South Bay. Mariana has worked for Kaiser for 13 years and started with the Pathways Study in 2010. While she moved to San Jose to be closer to her family, she wanted to continue her career with Kaiser. She deeply values her experience with the Pathways Study, and she will miss the staff as well as all the wonderful women who contribute to the study. ☒



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. ☒

Current Study Numbers - Thanks for your Continued Participation!

BASELINE INTERVIEW
4,510 completed

6 MONTH FOLLOW-UP
2,790 completed

12 MONTH FOLLOW-UP
3,398 completed

24 MONTH FOLLOW-UP
2,131 completed

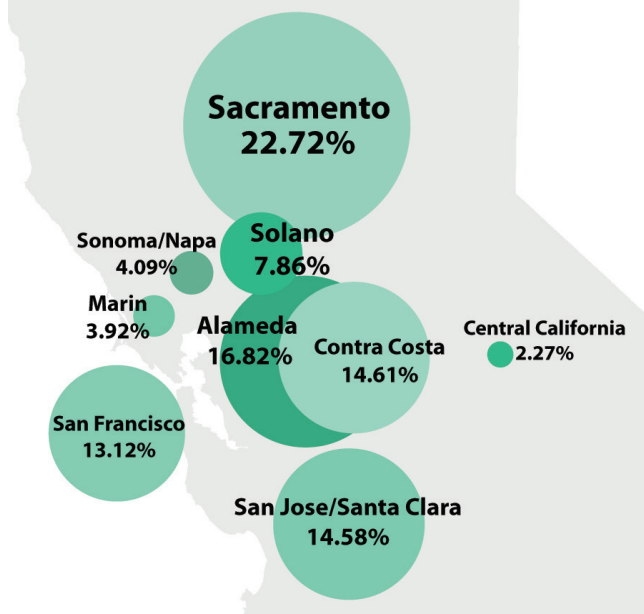
48 MONTH FOLLOW-UP
1,869 completed

72 MONTH FOLLOW-UP
426 completed

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! ☒

Where are you?

where our participants are located based on
Kaiser medical centers





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