



PATHWAYS

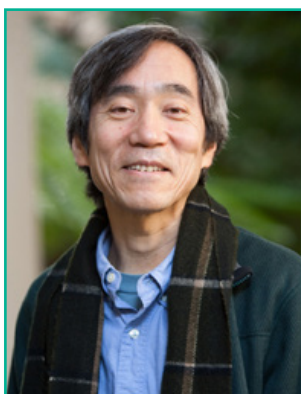
A Study of Breast Cancer Survivorship

A NEWSLETTER FOR STUDY PARTICIPANTS

SUMMER 2016

Pathways Going Forward

By Larry Kushi



The Pathways Study first started to enroll participants in January, 2006; we completed enrollment in May, 2013, after we had enrolled 4,505 women. We are continuing to follow all our participants' experiences, through follow-up questionnaires and through

your encounters with the Kaiser Permanente medical system. Thank you to all of our study participants, and for your ongoing dedication to the study!

The Pathways Study has been supported primarily by a grant from the National Cancer Institute. It was renewed once, and under typical funding cycles, a grant from the NCI lasts for five or six years. We are currently under the sixth year of funding for the current grant, and this ended on June 30, 2016. **We are happy to announce that we will be receiving a continuation grant for the Pathways Study.** The study will continue for at least another five years, and we anticipate that this next period will be an important and fruitful one. It is only now, after being able to follow each of you (our study participants) for five or more years, that we will be able to determine how your food choices, physical activity, or many other factors influence whether women with breast cancer may modify the likelihood of having a recurrence or prolonging survival.

The new period of funding for the Pathways Study will be through a program of the NCI to support infrastructure activities for cancer epidemiology cohorts. For the Pathways Study, this includes ongoing follow-up and continued data collection, determining if recurrences or other outcomes have occurred, and other activities that can provide the basis for many future research projects. We are planning, for example, to obtain tumor samples from your surgery when you were initially diagnosed or treated for breast cancer. These tumor specimens are kept for many years by Kaiser Permanente, in case they may lead to new insights into the development of cancer or cancer treatment.



For example, there is substantial interest in whether tumor characteristics – molecular changes in the cancer tissue – may have clinical importance and thus help to improve how breast and other cancers are treated. The interest in “precision medicine” and the cancer “moonshot” that is being led by Vice President

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Joe Biden has the advancement of knowledge in this area as one key focus. By centralizing storage of tumor samples so that we can more efficiently make them available for such studies, we will be poised to contribute to this growing area of interest.

We are also planning to expand the data we have available related to characteristics of the neighborhoods in which you live. One novel approach that we plan to implement is to conduct “virtual” neighborhood audits. A neighborhood audit has typically required a study staff member to walk around the neighborhood to look at things such as whether there are sidewalks present, or what types of parks or food stores, if any, are in the

neighborhood. With Google maps and street view, along with similar services, it is now possible to walk around neighborhoods in a “virtual” manner, making it more efficient to collect these details. Although neighborhoods may have changed over time, nonetheless, these virtual audits should still be able to characterize differences that may be important in relation to lifestyle choices.

The fact that the Pathways Study will be continuing for at least an additional five years speaks to the great dedication of our study participants to this work. We would like to thank you for all that you have done to ensure that this study is as successful as it can be. ☒



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. ☒

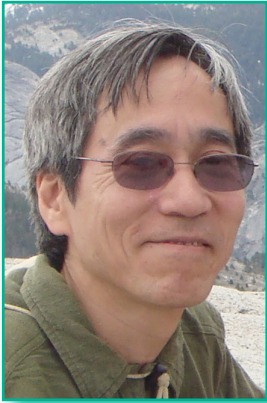
Recent Pathways Study Presentations

1. Engmann N, Fejerman L, Kushi LH. Longitudinal analysis of breast cancer recurrence and mortality among U.S. Latina women with breast cancer in the Pathways Study. Breast Oncology Retreat, University of California, San Francisco (February 4-5, 2016).
2. Kroenke CH, Kwan ML, Kennedy D, Kushi LH. Social networks and breast cancer prognosis in the Pathways Study. International Network for Social Network Analysis (INSNA) XXXVI Sunbelt Conference, Newport Beach, CA (April 5-10, 2016).
3. Greenlee H, Shi Z, Kwan ML, Ergas IE, Roh JM, Hershman DL, Kushi LH. Body mass index, lifestyle factors, and taxane-induced neuropathy in women with breast cancer: The Pathways Study. American Society of Clinical Oncology (ASCO) Annual Meeting 2016, Chicago, IL (June 5, 2016).



PATHWAYS STAFF

Larry Kushi



Dr. Kushi has had a lifelong interest in health and nutrition. He is internationally recognized for his expertise in nutritional epidemiology, and his research

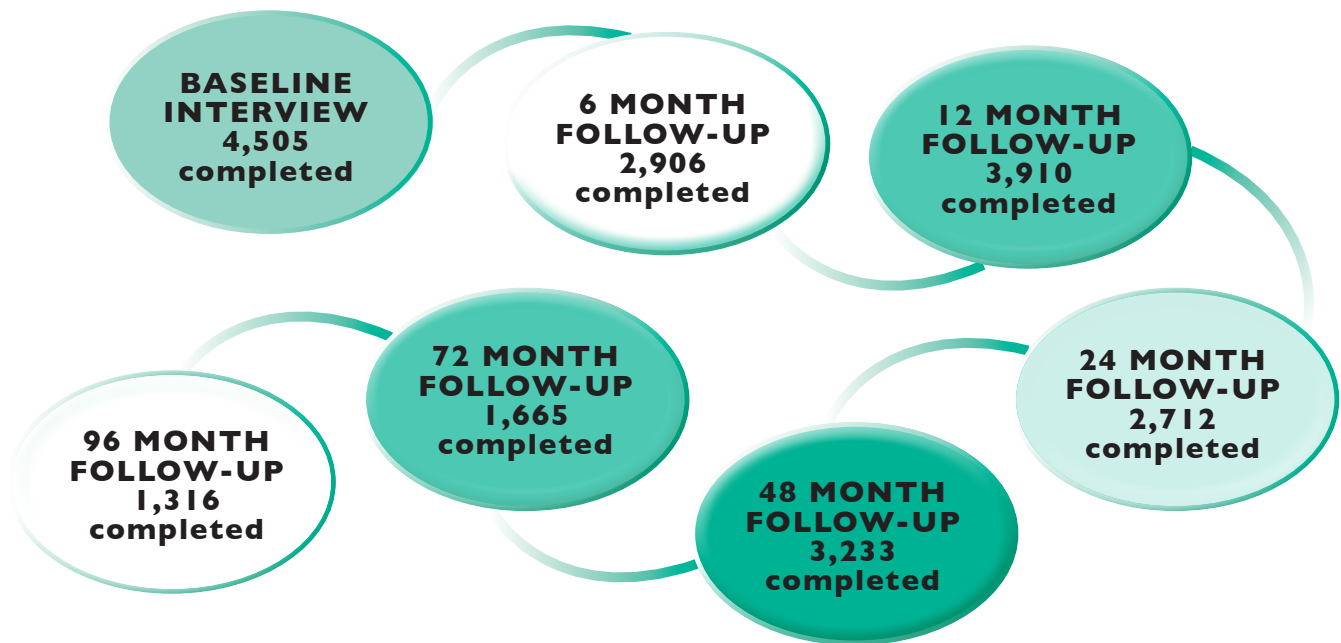
interests focus on the role of diet and nutrition in the etiology of coronary artery disease and breast and other cancers. Larry enjoys traveling, hiking, listening to music and spending time with his daughter. ☒

Veronica Zhou



Veronica graduated from Samuel Merritt University for her second bachelor degree. She also works as a Registered Nurse for a home dialysis unit. In her free time she's chasing her children in Golden Gate Park, spending time with her friends and family, trying out new restaurants. Baby number 3 is on the way!! ☒

Pathways Update: Who is Participating?



We are grateful for your role in the 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! ☒





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