



COREnews

Colorectal Research in Epidemiology
Colon Cancer Family Registry Cohort

1100 Fairview Avenue North, M4-B402, Seattle, WA 98019-1024
1-800-276-0127 • corestudies@fhcrc.org • FredHutch.org/corestudies

Greetings!

As summer unfolds, we hope this latest edition of the CORE News finds you and your loved ones well.

I've been asked to share a couple of things about the Colorectal Cancer Family Registry Cohort with you.

Our hope is the new option for ongoing participation in the CCFRC will make it easier for some of you to stay involved. When we began this work 15 years ago, there was only one option for completing interviews: over the phone with one of our interviewers. Now there are three possibilities. In addition to the phone option, you can request a paper copy of the survey or, now you can complete the survey online, 24/7.

Secondly, I'd like to remind you what your participation has meant to the world of colorectal cancer research. Between the 6 registry sites which make up the CCFRC, 35,000 people like yourselves, with and without colorectal cancer (CRC), have joined to make this registry the largest single resource for CRC research in the world. We analyze the information and biospecimens you shared with us and share what we learn through publishing in journals. A list of these publications and many other items can be found on our website at www.fredhutch.org/corestudies.

Sincerely,

Polly A. Newcomb, PhD, MPH
Principal Investigator

Some of you may have participated in this smaller study which included many of our Seattle CCFRC participants.

Lowery JT, Horick N, Kinney AY, Finkelstien DM, Garrett K, Haile RW, Lindor NM, Newcomb PA, Sandler RS, Burke C, Hill DA, Ahnen DJ. A randomized trial to increase colonoscopy screening in members of high risk families in the Colorectal Cancer Family Registry and Cancer Genetics Network. PMC3976708.

Background: Individuals with a strong family history of colorectal cancer have significant risk for colorectal cancer, although adherence to colonoscopy screening in these groups remains low. This study assessed whether a tailored telephone counseling intervention can increase adherence to colonoscopy in members of high-risk families in a randomized, controlled trial.

Findings: Colonoscopy adherence increased 11 percentage points in the tailored telephone intervention group, compared with no significant change in the mailed group.

Impact: Increasing adherence to colonoscopy among persons with increased colorectal cancer risk could effectively reduce incidence and mortality from this disease.

Lesson? Talk with your healthcare provider about when your next colonoscopy.

For a more complete list of publications by CCFRC researchers, please see our local website: www.fredhutch.org/corestudies or the cohort website at <http://coloncfr.org>.

Our new online survey is just a click away!

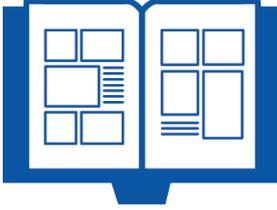
Beginning in May of 2014, you have the *option* of doing your follow-up survey online, at your convenience. It is easy and quick. The next time we contact you about doing a short follow-up survey, we will include three pieces of information:

- URL – the web address for the survey
- TOKEN
- PASSWORD

It's as easy as 1-2-3. Type the URL into your web browser. From the Introduction page, click "Online Survey" and follow the prompts to enter your unique Token and Password, and you're in! The survey is available 24 hours a day, 7 days a week. Try it out and let us know how it goes. If you would like to receive this survey access information by email, you can email us at corestudies@fhcrc.org



Q&A: You ask. We answer.



“I’ve been in the Colorectal Cancer Family Registry for a long time. Why is it so important to keep doing those surveys every few years?” Two important reasons are:

When we ask you about things like aspirin non-steroidal anti-inflammatory drugs, weight, and smoking, we learn more about the environmental factors which may contribute to colorectal cancer (CRC).

Knowing more about the history of cancer in individuals and families over time helps us capture any new information, developments, or patterns which may have emerged since the previous interview.

Think of it like a photo album. Viewing several snapshots taken over a period of years tells a story. When you respond to our questions not just once, but up to four times over 15-20 years, you are sharing your unique and important story which potentially helps all of us in the fight against cancer.

“But I don’t have cancer. Why should I participate?”

The CCFRC is unique because it is a family registry and not everyone in it has CRC. But at least one person in every family in the registry has or had some form of colorectal cancer. And the participation of family members with and without CRC makes it possible to research the factors associated with developing CRC.

Cook’s Corner: Summer BBQ

(Try using a custom herbal rub instead of BBQ sauce)

Rubs are great. They are quick and easy to make. You can create your own flavor mix. And there are no ‘mystery’ ingredients—just what you select!

- 4 chicken breasts, washed and dried.
- 1/2 tsp oregano
- 1/2 tsp sage
- 1/2 tsp rosemary
- 1/2 tsp garlic powder
- 1/4 tsp Aleppo pepper (for a bit of ‘fire’)



Add salt and pepper to taste.

Rub vigorously into the chicken front and back.

Cook approximately 15 minutes per side.

For fewer pots and pans, cook your veggies on the grill as well!

Have fun and enjoy.

If you have a favorite recipe of any kind, we’d love to hear about it. Email us at corestudies@fhcrc.org.