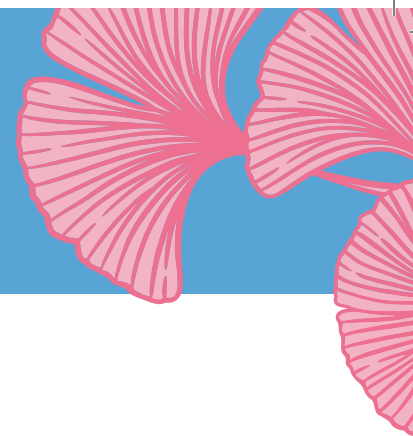


Carolina Breast Cancer Study

Phase III: The Jeanne Hopkins Lucas Study



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“Beauty, grace, strength, and persistence...”

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CAROLINA
BREAST
CANCER
STUDY

A NEW PHASE IN THE CAROLINA BREAST CANCER STUDY

Good science produces results that tell us something about the world. Great science leads to new questions so we can learn even more. Since the first phase of the CBCS in 1993, our science has been explaining breast cancer causes and outcomes and leading to new questions.

In 2022, to respond to the need to better understand the breast cancer survivorship experience of diverse women, we will be launching Carolina Breast Cancer Study, Phase 4. The amazing generosity and dedication of our Phase 3 participants has laid the foundation for our continued engagement with the survivor community.

What's going to be different in Phase 4? The science of breast cancer treatment has continued to change. Since Phase 3 began in 2008, endocrine therapy has been extended to ER-borderline patients and chemotherapy prior to surgery has become more commonplace for ER-negative, high risk patients. To stay abreast of this change, we need to understand who is getting state-of-the-art therapy and how these relate to long-term survival.

Phase 4 will also build on Phase 3's work to understand the experience of North Carolina Black women and young women with breast cancer. These groups continue to have higher rates of metastasis. By increasing the number of women in these

subgroups, Phase 4 will be able to find subsets of women within them that do well and then contrast their profiles with those who do poorly. This could help us define new interventions to reduce inequities.

Finally, Phase 4 will continue to look at how breast cancer changes lives – not just physically, but emotionally, financially, and socially. We want to track resilience, return to quality of life, and identify ways to ensure equity in recovery.

What does this mean for you as part of Phase 3? Is this the end? No! We seek to maintain a long-term relationship with all our study participants, sharing our findings and continuing to collaborate to advance knowledge. CBCS3 participants are long-term survivors and thrivers, and we hope to continue learning about your experiences, challenges, and triumphs. We are so grateful for all you do to advance this science, and we look forward to continuing to partner as we bring new women into the study community.



Dr. Melissa Troester

COVID-19'S IMPACT ON BREAST CANCER SCREENING

In early weeks of the pandemic, governments and organizations like the American Cancer Society recommended to everyone that they delay their routine cancer screenings—like mammograms—as long as they did not show any symptoms. Physicians and the public followed suit.

(Continued on pg. 2)

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UNC researchers led by Dr. Sarah Nyante looked into just how many fewer mammograms were being performed compared to what they otherwise would have expected. They found regular screenings were down an incredible 85% in March 2020. Diagnostic mammograms—those following up on a suspicious screening mammogram or in response to some other test—were down a worrisome 50%.

By the end of that summer, mammograms had climbed back to their usual numbers, but the women getting them were more likely in the highest risk groups for breast cancer than pre-pandemic. And a higher proportion of them also lacked health insurance than usual.

What is going to be the ultimate effect of delayed screenings and diagnosis and of so many who lost their health insurance and likely other financial resources? Only time will tell, but researchers at UNC will be at the forefront of this very important research.

INTERVIEW WITH DR. KIMBERLY SABELKO

Komen's Vice President of Scientific Strategy & Programs



Q: Komen has been a long-term partner with CBCS. From Komen's perspective, what value do you see in our study? Komen's research priorities are to con-

quer metastatic and aggressive breast cancers and to eliminate differences in breast cancer care and outcomes. We look for research partners who share these goals and are using novel approaches, like big data, to fuel discoveries that will help those with breast cancer live longer, better lives.

CBCS really hits these marks: it's focused on breast cancer disparities between Black and white women; it's using lots of different types of data to understand the biology and the social, socioeconomic, and behavioral factors underlying these disparities; and, importantly, CBCS researchers aren't just describing the disparities, they're going on to test interventions to address them.

Q: Do you see anything new or exciting coming regarding the prevention, detection, or treatment of breast cancer? I'm happy to say, yes! Researchers are studying metastatic breast cancer and trying to outsmart cancer cells by finding new ways to stop the cells from leaving the breast and/or stop them from growing in other parts of the body. Some are studying the role of the immune system in cancer, developing breast cancer vaccines and working on ways to harness the immune system to kill cancer cells. Others are developing new ways to more precisely deliver cancer drugs and radiation treatments to breast tumors, minimizing collateral damage to healthy cells and potential side effects. And other researchers are working on new technologies to detect breast cancer as early as possible, studying the genes that contribute to a person's risk of developing breast cancer in their lifetime, and studying the causes underlying disparities in breast cancer care and outcomes and the best ways to address them.

The good news is, there is just so much incredible breast cancer research happening. That gives me and so many people impacted by this disease a lot of hope that better treatments, new ways to detect and prevent breast cancer—and I hope the cures—are on the horizon.

Q: What contributions do you think long-term survivors, like CBCS participants, have made to the fight against breast cancer? What roles do you see these women have in public advocacy? People who participate in research are heroes in my humble opinion. CBCS participants are a really special group because so many have been participating in this study for years! There aren't a lot of studies that have this type of long-term follow up, and that

means the information they are sharing with the CBCS team is truly expanding our understanding of breast cancer care and outcomes. They're special for another reason, too. We often hear that Black people don't want to participate in clinical trials or other research studies, but the CBCS participants are proof that that's simply not true! That was an incredibly valuable lesson for the breast cancer community to learn, and is inspiring us to find ways to make clinical trials more accessible and create new pathways for people from diverse backgrounds to participate in research.

Q: CBCS recruited participants between 2008 and 2013. What's different now for people being diagnosed with breast cancer? One of the biggest changes over the last 20+ years has been the emergence of personalized (precision) medicine, which is really making the "one-size-fits-all" approach to breast cancer treatment a thing of the past. Today treatment is primarily based on the type of breast cancer and the molecular make-up of the tumor cells. There are dozens of new drugs available today that weren't available to people with breast cancer in 2008. Most of them are targeted therapies. Some are immunotherapies that help the immune system fight cancer. There are new drugs to treat hormone receptor positive, HER2+, and triple negative breast cancers.

More work is needed to reach the full potential of personalized care, but it's clear that decades of research are coming to fruition to help people with breast cancer live longer, better.

Q: Is there anything you'd like to say on behalf of Komen to CBCS's participants? Your participation in research is a precious gift to all of us, a gift that is helping accelerate discoveries, advance personalized care for all, and save lives. From the bottom of my heart, on behalf of Komen and the people we serve, I THANK YOU!

WISDOM

by N.C.

Gray hair upon the head and brow;
Leaves an open question of how?
Age defying stints gained
from experience;
It shows in unmistakable ambiance.
Lifelong chats with people of age;
Daily walks among the shrubs and sage.
Well spoken words with authority;
Some standing out among the majority.
Oh, to be inquisitive and young;
Clear eyes showing where all
thoughts are hung!
Believing in a world of peace and love;
Trusting that people are as harmless
as a dove.
Endured trials show on the face
Hidden scars not easy to erase.
Thoughts of lessons learned as we
walk through memory lane;
Daily pushing to keep our minds
from going insane.
Families united as the years go by;
Finding strength and faith as we
look upon the sky!
Questions asked as we sit upon
our gramps knee;
Lots of conversations as we pick
apples from the tree.
Overnight stays at nana's house
listening about tales from long ago;
Savoring the taste and aroma of the
baking dough.
As we listen to every spoken word, we
wonder what secrets will unfold;
Always mindful of the many
misfortunes not told.
Realizing some things should in
the inside be kept;
Always protecting the innocent
from sins swept.
Relish the time spent with others
of seasoned age;
Holding their tongues from
unsolicited rage.
Look upon their face with grace;
Knowing that whatever they go they've
won the race.
Race against time is always near;
However, they weather each storm
with minimum fear!!

Thank you to these women for
sharing their poetry—and more of themselves
—with us! We hope you enjoy the

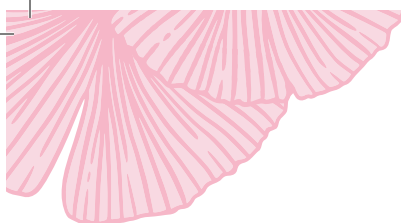
If you would like your creative work to be featured in a future newsletter, you are welcome to share. We love getting to know our participants better!

LAND ETERNAL, INFINITE LIFE

by J.P.

The sky adorned with puffy white clouds,
is serene and blue,
A carpet of grass covers the earth
with cool green;
With a myriad of colors all
blended between.
Tell me please if you've ever seen,
more beauty than God's creation?
Whether looking on from city, town,
or farmlands
across the nation.
When the morning sun rises,
the song bird's sing;
Let's join them in praise to Jesus,
Our King!
Mankind cannot in any way compare;
To the works of God; with our
worldly fare.
Rustling blends spirit and song as
the wind
caresses the leaves.
As a rhythm starts up, sounds loud
as can it can;
alerting us to the bumblebee's wings!
Surely we hear God's voice
resonate, around
"There's a harvest to Glean!"
How can we not offer up a prayer
of gratitude
The worst of sinners He did choose;
Died on Calvary's cross, our sins
to remove;
Added our names to become joint heirs
Freed us from slavery and the
dreadful curse.
Gracious blessed mercy and a promise
of "New Birth!"

We sojourn here til He creates a
new Heaven in earth.
If you doubt that your name is
in the "Lambs Book of Life!"
Kneel down before Him and ask,
"forgiveness for all wrong's done!"
Rest assured you won't be the only one!
Released with contrite heart,
whether your list
be short, or long.
Promise to follow Him on a path
straight and right;
He will take away darkness, and
bring us into His
Light.
Just open your soul, and invite Jesus in;
As soon as do, you will find sweet relief!
Shout hallelujah, and find His true peace!
When it comes time to leave
this low place,
Rest in assurance His promises are real;
Imagine how wonderful it will feel
to meet with loved ones.
In the mansions of Gold;
And live there in Heaven,
the "Land Where We Never Grow Old!"



Carolina Breast Cancer Study: Phase III

ACKNOWLEDGEMENTS

Dr. Troester, the Investigators, and the Research Staff in CBCS would like to thank all of the participants, whose dedication has helped build a dataset that's without peer in breast cancer research, and our sources of funding who make this project possible: University Cancer Research Fund of UNC Lineberger, National Cancer Institute, and Susan G. Komen.

We wish to remember—with gratitude and solemnity—the women of CBCS who are no longer with us. CBCS is a little dimmer with each loss. We are forever grateful to them for sharing themselves with us and to their family and friends for sharing their loved one.

Thank you from all of us at the Carolina Breast Cancer Study!



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Want to know about what CBCS researchers have learned thanks to your participation?

Visit unclineberger.org/cbcs/results for the latest!

LINEBERGER HAS TOP 10 BREAST CANCER EXPERT IN U.S.



Dr. Lisa A. Carey

Lisa A. Carey, MD, FASCO, is the Richardson and Marilyn Jacobs Preyer Distinguished Professor in Breast Cancer Research at the UNC School of Medicine, the deputy director of Clinical Sciences at UNC Lineberger Comprehensive Cancer Center, and a member of the leadership committee of the Carolina Breast Cancer Study, was recently recognized by Expertscape, an online databases that assesses and ranks the expertise of physicians and medical institutions worldwide.

Dr. Carey has published more than 110 papers on breast cancer during the past 10 years. Based on the quality of journals in which the papers were published and her authorship contributions, Carey was ranked among the top 1% – and sixth overall – of the more than 280,000 authors who had published papers about breast cancer in medical journals.

On an institutional level, the University of North Carolina at Chapel Hill was ranked 14th in the U.S. and 18th in the world based on the number and quality of journal publications its faculty have published on breast cancer during the past decade.

