

SPECIAL POINTS OF INTEREST:

**Baseline
Demographics**

Text4Hope

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**Check out our
website!**

Message from the Investigators

We hope you were able to have an enjoyable summer! We also hope that you have continued to stay safe and healthy during these unprecedented times.

In this edition of the newsletter, we provide a status update on the study with respect to our analyses of the baseline data. We also profile two of the exercise specialists on the study who you may have met at your follow up



assessment. As a teaser, we also highlight some of the preliminary demographics of study participants that were presented at an online conference earlier this year. In total, 1353 participants completed their Year 1

assessment. To date, 972 participants have completed their Year 3 assessment and 609 participants have completed their Year 5 assessment.

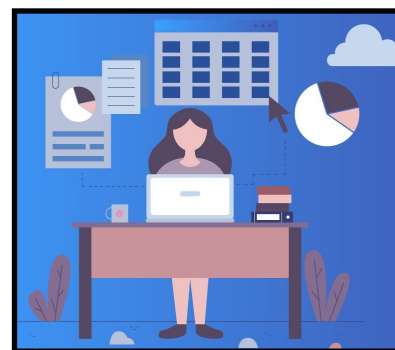
We say it each newsletter, but thank you again for your commitment and participation to the study!

We welcome any suggestions for future newsletters.

AMBER Study Update

Since we completed Year 1 follow-ups earlier this year, we are now working towards completing all Year 3 follow-ups by fall, 2022.

Recently we submitted a grant application to the Canadian Institutes of Health Research to acquire additional funding. This funding would be used to analyze all the blood samples collected at baseline and at Years 1 and 3. This past summer we completed analyzing



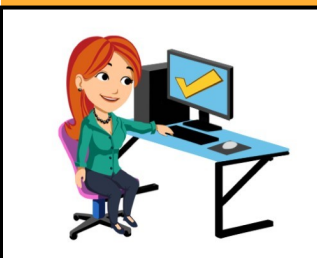
the baseline data and submitted the first baseline paper describing the study cohort for publication. Once accepted for publication, the paper will be available on our website.

This paper is the first but not the last of the research papers

that will be written by study investigators on the baseline data.

We have also begun the process of cleaning the Year 1 data and will begin analyzing these data later this fall and into the new year.

We are at an exciting time for the study as we are now able to start sharing the information that we have collected over the past nine years since starting in 2012.



www.amberstudy.com

AMBER Staff Profiles

Get to know two staff members who are part of the team!

CALGARY

Let's get to know Irizelle Lategan who has worked as an Exercise Specialist on the study since 2019.

What do you enjoy about working on the AMBER Study?

I really enjoy connecting with every lady and hearing their reason for participating in the study.

What led you to become an Exercise Specialist?

During my undergraduate degree I was able to help

out with the AMBER study. This inspired me to pursue my Master's degree specializing in Clinical Exercise Physiology. It is a full circle moment now working full time on the study!

Tell us about your pet.

I have a grey Chinchilla breed cat named Mowgli who is 5 years old and my first self-owned pet. She is very independent and takes a while to warm up to people but she is so loving when she decides she wants to be cuddled or combed.

If you could pack your bags right now and go

anywhere in the world for a week, where would you go?

Croatia! Having been to Italy and Greece already, I really enjoy the Mediterranean weather and would love to visit Croatia for the waterfalls, beaches, and historical towns.

How have you stayed active during COVID?

During COVID, I discovered the world of social media/free internet workouts. There are some great free resources out there and the diversity of exercises and activities is amazing!



**Calgary
Exercise Specialist
Irizelle Lategan**

EDMONTON



**Edmonton
Exercise Specialist
Spencer Allen**

Let's get to know Spencer Allen who has worked as an Exercise Specialist on the study since 2018.

What do you enjoy about working on the AMBER Study?

I have a passion for meeting new people and listening to their stories. It's inspiring to meet so many courageous participants while facilitating their contribution to cancer research.

What is your favourite part of Alberta?

Big open skies and beautiful sunsets.

If you could pack your bags right now and go anywhere in the world for a week, where would you go?

I would have difficulty choosing between the rugged scenery of the Faroe Islands and the beautiful Greek island of Hydra.

If you could attend any sporting event what would it be?

As I have competed in pole vault for about 15 years, I would want to attend the men's and women's Olympic pole vault finals.

In your opinion, what is one of Edmonton's best kept secrets?

Zwick's Pretzels on 107 Ave in Edmonton - try the guajillo and feta pretzel!

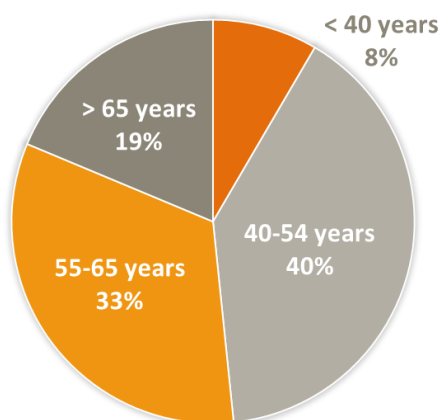
How have you stayed active during COVID?

I was fortunate to be able to rent a spin bike during the majority of the lockdown. I also enjoyed creating various home-based circuit training workouts to keep things interesting for myself.

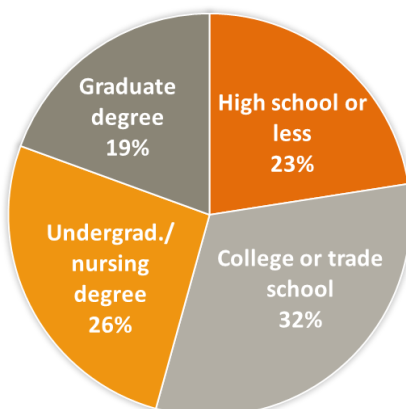
AMBER Baseline Stats

This past year we have been working on analyzing the baseline characteristics of the 1528 participants in the study. We have submitted the first paper for review and hope for it to be published shortly. Until then, here are some infographics that describe the group of women that were enrolled on the study.

Age at Diagnosis



Education



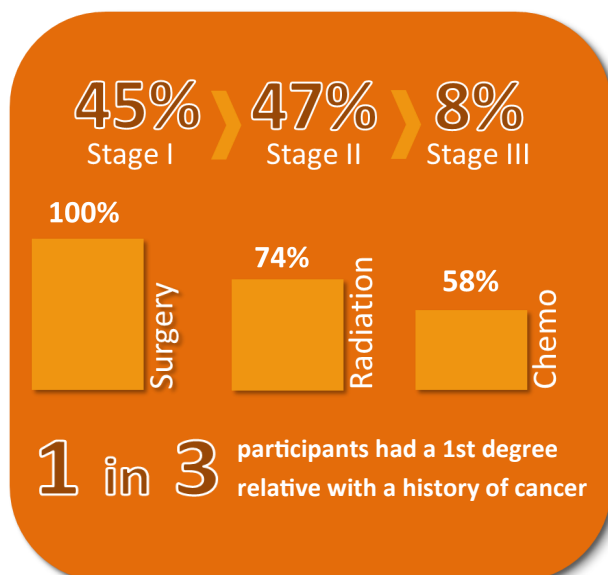
Smoking

Current/Ever: 43%
Never: 57%

Diet

1,717 kcal/day

Cancer Diagnosis & Treatment



Body Composition

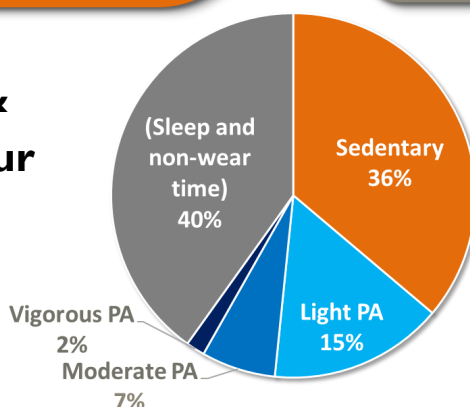
60% had a waist circumference ≥ 88 cm, indicating increased risk of disease.

Fitness

69% of participants had poor aerobic fitness for their age, based on VO_2 peak on a cardiopulmonary treadmill test

Physical Activity & Sedentary Behaviour

Average % per day as recorded from the waist worn device.



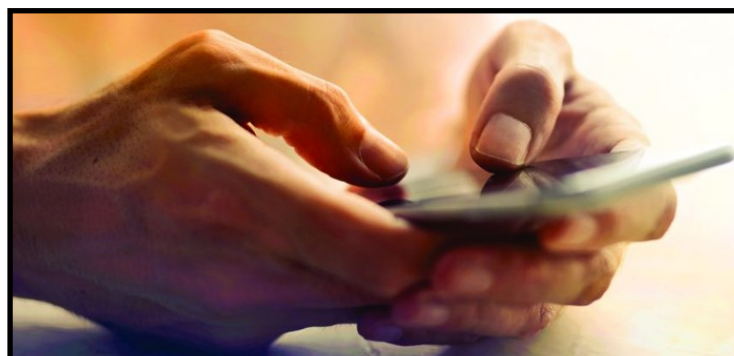
Text4Hope

Feeling stress, anxiety and depression due to the COVID-19 crisis?

The Mental Health Foundation, in partnership with various organizations across the province is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)-based text messages.

An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency. Community members simply subscribe to receive ongoing supportive content and there is no cost.



Text **COVID19HOPE** to **393939** to subscribe.

For more information:

mentalhealthfoundation.ca/text4hope

Study Questionnaires



For those participants currently at the Year 3 and, in particular, Year 5 time point, this message is a friendly reminder to complete and return your study questionnaires. A unique and novel aspect of this study is the long term follow-up, compared to other studies, which will provide invaluable information. If you are having difficulty completing the questionnaires or have questions please don't hesitate to contact the Study Coordinator at your site.

AMBER Study Contact Information

Name	Position	Location	Telephone	E-mail
Dr. Christine Friedenreich	Principal Investigator	Calgary	(403) 698-8009	christine.friedenreich@ahs.ca
Dr. Kerry Courneya	Principal Investigator	Edmonton	(780) 492-1031	kerry.courneya@ualberta.ca
Leanne Dickau	Study Coordinator	Calgary	(403) 698-8067	leanne.dickau@ahs.ca
Diane Cook	Study Coordinator	Edmonton	(780) 492-8274	dwcook@ualberta.ca
Testing Center Calgary	Exercise Testers	Calgary	(403) 698-8067	amberstudy@ahs.ca
Testing Center Edmonton	Exercise Testers	Edmonton	(780) 492-8274	amberstudy@ualberta.ca

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