

# The California Teachers Study

## Quarterly Digest

### The Quarterly Digest is Back!

*Want to know what the California Teachers Study has been up to?*



It's nice to see you again! Although we took a brief hiatus from sending you the Quarterly Digests while our Study Administrator was on maternity leave, our team has been working hard on several new projects that we are excited to share with you.

### CTS work highlighted at a national conference

*Recent presentations for the American Association for Cancer Research*

Members of our study team presented at the American Association for Cancer Research (AACR) meeting in San Diego in February 2019. Their presentations highlighted the unique ways that the California Teachers Study is approaching cancer research and how new data collection methods like Questionnaire 6 can improve research overall. Our team was thrilled to speak with other researchers and share this important work.

### What does the CTS look like today?

*Use our interactive graphs to find out!*

The California Teachers Study is made up of female teachers, administrators, and other support staff who were all active members of the California State Teachers' Retirement System (CalSTRS) in 1995. Today, many of you are still employed as California teachers and administrators while others have moved on to other professions or are retired.

You can now visit our [Study Population](#) page to get acquainted with the diverse and important cohort that you are a part of!

### Meet our Data Analysts

*Allow us to introduce you to the women behind the data*

The CTS data analysts are responsible for the vital job of using our study data to investigate risk factors for breast and other cancers. These women crunch the numbers, manage the new data collected from Questionnaire 6, and support many other on-going analyses. You can read more about their roles and research interests on our website by [clicking here](#).

## What are we studying?

*Are women who have had preeclampsia at a higher risk of stroke?*

Preeclampsia is a pregnancy complication that is characterized by high blood pressure. When untreated, preeclampsia can lead to life-threatening complications for both mother and baby.

This project examined whether CTS participants who had preeclampsia during one or more of their pregnancies were at a higher risk of having a stroke later in life. You can learn more by clicking [here](#).

## Study Findings: Diet and Breast Cancer

*Read our most recently published research*

In November 2018, The Journal of Nutrition published new study findings highlighting the relationship between participants' diets and their risk of breast cancer. This study found that diets that were high in whole grains, vegetables, fruits, legumes, and nuts and seeds and low in red meat, processed meat, and sugar-sweetened beverages were modestly associated with a lower risk of postmenopausal breast cancer. [Click here to read the full article.](#)

If you have a comment or question for us, please visit the [Contact Us](#) page on our website. Be sure to keep an eye out for upcoming Quarterly Digests and blog posts — you might see an answer to your question included!

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