

# The California Teachers Study

## Quarterly Digest

*A note to California Teachers Study participants about Coronavirus Disease 2019 (COVID-19): We send these Quarterly Digests regularly, but we realize this one is being sent as the unprecedented COVID-19 outbreak continues to develop. Like you, we are gathering information and adjusting our daily routines to protect the health of everyone around us. If you have questions about Coronavirus, please visit the [California Department of Public Health](#) and [Centers for Disease Control and Prevention \(CDC\)](#) websites for the most up-to-date information. Given the current situation, the California Teachers Study will not be conducting any in-person data collection for the foreseeable future. Our team will continue conducting our on-going research and updating our study website. Thank you.*

## **New decade, same great study.**

*Here's how we've entered 2020.*

This year will mark the 25th anniversary of the California Teachers Study. Because of your continued participation, we're still going strong!

We have some exciting updates to share with you, including findings from a participant feedback survey, a new research project focused on the effects of air pollution, recently published study findings, and an opportunity for you to share why you participate in the CTS. Read more below!

### **What do participants think of the CTS?**

#### *Findings from a recent survey*

As technology has transformed the way people communicate with one another, it has also given our study the ability to ask you and other participants about the types of information and research topics that are most important to you.

We surveyed a group of 1800 participants about the types of information they would like to receive from us, the research topics that are most important to them, and how we are doing overall as a study.

Based on that feedback, we have made some changes!

[Visit our blog today](#) to read more about what your fellow participants think and how we're responding.



## What are we studying?

### *Does air pollution affect survival after breast cancer diagnosis?*

Previous studies have reported that women who were exposed to higher levels of air pollution were more likely to develop breast cancer. This new project goes a step further by asking how air pollution affects women *after* they are diagnosed with breast cancer.

By combining individually reported health data with larger environmental measurements of air pollution, researchers are attempting to understand how these different elements affect health together.

[You can read more about this research project here.](#)

## Study Findings: Physical Activity, Hormone Therapy, and the Risk of Stroke

### *Does physical activity reduce the short-term risk of stroke among women who use hormone therapy?*

Previous research has shown that using postmenopausal hormone therapy increases the risk of having a stroke. This project evaluated whether physical activity levels that meet the American Health Association's recommendations for leisure time physical activity (more than 150 min/week of moderate activity or more than 75 min/week of strenuous physical activity) reduced the risk of stroke among hormone therapy users.

This study found that CTS participants who used hormone therapy and met the AHA's recommendations for leisure time physical activity did not have an elevated risk of stroke.

## We Want to Hear More from You!

### *Tell us your reasons for being part of the CTS*

This year marks 25 years since the CTS began. In those 25 years we've collected data from 133,000 participants, published more than 190 scientific research articles, established ground-breaking research about risk factors for breast cancer, and much more!

To mark this important quarter-century celebration, we want to hear from you. Why did you first join the CTS? What drives your continued participation?

Visit the [Contact Us](#) page on our website to leave us a note about why you love being a part of the California Teachers Study. We'll highlight some of these stories--anonymously-- in an upcoming blog post!

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