

California Teachers Study Digest **A+**

Research, Study Findings, and Updates!

News from the California Teachers Study

It's been a busy winter here at the California Teachers Study (CTS), and we're thrilled to share research updates and study developments with you as we enter spring.



In this Digest you'll be introduced to one of the key members of our study team, learn more about a joint research project between the CTS and the Black Women's Health Study, and hear about an exciting new blog series. Let's dive in!

Meet the Staff: The Data Analyst

She's the team member responsible for managing all our study data

Behind every research project and CTS publication is the person responsible for managing millions of data points. Meet the Data Analyst who makes all this work possible: Emma Spielfogel!

Emma joined the CTS full time in 2018. Since then, she has become an indispensable member of our team. Emma is the point of contact for all the researchers using CTS data, has built each of the

visualizations you see on the CTS website, and in her spare time she learns new coding languages to improve her data management skills. She brings so much to our study team, and we're delighted to formally introduce her to all of you. You can read more about Emma and her important work on our [study blog](#).

What Are We Studying: MGUS

Are there social and environmental risk factors for MGUS?

Last year we announced that our study team was embarking on a new research collaboration with the Black Women's Health Study to examine risk factors for monoclonal gammopathy of undetermined significance (MGUS). MGUS is an important area of research because it is a precursor to multiple myeloma, which is a cancer of the plasma cells.

This project is taking a unique approach to studying MGUS, and we're eager to share more with you about the project leadership and progress to date. You can read about this joint effort on our [study blog](#).

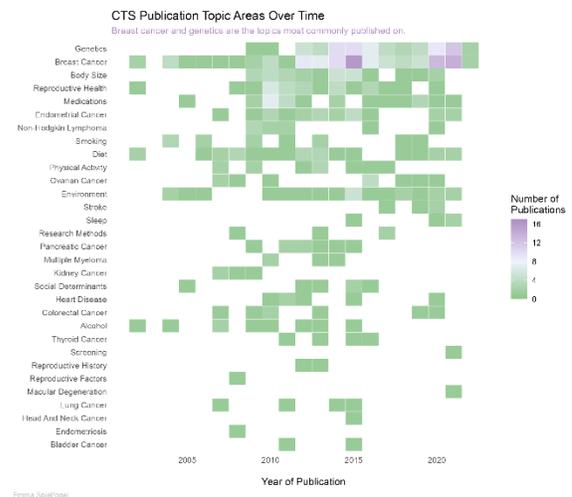
Viz of the Month

Unique data visualizations made using CTS data

The CTS team has been using data visualizations for the past few years to understand and explore study data. A data viz, also known as a data visualization, can be a useful way to see data. Sometimes visualizing data allows us to uncover trends, recognize potential data errors, and think about research questions in a way that we wouldn't otherwise when using standard data tables or summary statistics.

Our team is launching a new blog series to highlight data visualizations built using CTS data. Each month we'll share a new data viz on the CTS website. We're especially excited about this blog series because it will make our lessons learned more broadly accessible to the research community! Each post will include a link to the computer code used to construct that visualization. Now other cohorts, students, researchers, teachers, and data scientists can recreate similar visualizations using their own data!

You can read all about the new series and see Viz of the Month posts by [clicking here](#).



Study Findings: Risk of CVD Mortality

A new study focuses on risk factors for cancer survivors

Cardiovascular disease (CVD) is a leading cause of death globally. Previous research has shown that dietary patterns and physical activity levels can affect risk of CVD mortality, meaning death from CVD. However, there has been little research to date on how these factors affect risk of CVD mortality specifically among cancer survivors.

This study evaluated risk factors for CVD mortality among women previously diagnosed with cancer. Using data from the California Teachers Study, the research team focused on dietary patterns and physical activity levels before cancer diagnosis.

The researchers found that diet prior to cancer diagnosis was not associated with risk of CVD mortality. Physical activity levels before cancer diagnosis were associated with a lower risk of CVD mortality. These results suggest that physical activity may be a protective factor against CVD mortality.

Questions or Comments?

Want to hear directly from a CTS team member?

You can always get in touch with our study team by filling out the [Contact Us form](#) on our study website.

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