

# California Teachers Study Digest **A+**

## Hello Fall! Goodbye Summer! Updates from the CTS

*Here's what we've been working on this year!*



As the school year gets under way, we hope that you and your loved ones are healthy, thriving, and have settled into your new routines. Since March 2020, so much about the way we live and work has changed. Through it all, we are grateful for your continued participation in the California Teachers Study (CTS), and to be part of a community that has worked together to move forward the important research to which we are all deeply committed.

With this newsletter, we're excited to share updates about the latest study findings, website updates, and the CTS' mentorship of summer student-researchers.

### **A New Look at CTS Data**

*Exciting updates to the CTS website*

Your participation in the California Teachers Study (CTS) since 1995/1996 has generated a wealth of data that continues to drive innovative research on the causes of cancer and other diseases. Are you curious about the different topics that have been asked on past CTS questionnaires? Want to

see a timeline of when the CTS sent those questionnaires and how many participants responded to each? We've created new, interactive visualizations on our study website to show a summary of all of the study data that are used in research.

Visit [www.calteachersstudy.org/cts-data](http://www.calteachersstudy.org/cts-data) to learn more about the unique study you are a vital part of!

## Meet Our All-Star Summer Student-Researchers

*CTS investigators mentor college students interested in cancer & health research*

This summer we had the wonderful opportunity to welcome two summer students to the California Teachers Study (CTS) team. Over the course of ten weeks, these students worked closely with our investigators to formulate their own research projects. They conducted literature reviews, formulated a hypothesis, and used study data to answer their research question.

We're grateful to meet young scholars who will be our next generation of scientists, and we're excited to share the results of those summer projects with you!

You can learn more about the research project on telomere length and cardiovascular disease [here](#).

To read more about socioeconomic status and the Charlson Comorbidity Index, please [click here](#).

## Study Findings: Does sleep deficiency affect risk of cancer?

*A recent CTS publication examines this question*

Using California Teachers Study (CTS) questionnaire data, researchers evaluated whether sleep deficiency may be a risk factor for breast cancer among postmenopausal study participants. The research team assessed sleep deficiency by quality, latency (how long it takes to fall asleep), duration, disturbance (waking frequently and not falling back to sleep easily) and use of sleep medications. They also created a Global Sleep Index (GSI) to assess sleep quality overall.

This study found that although duration was not associated with risk, other components of sleep deficiency were associated with risk of breast cancer among postmenopausal study participants.

## Opportunity to join a new study on breast cancer screening

*How often should women get a mammogram? The WISDOM Study investigates*

When the California Teachers Study (CTS) began in 1995, most women were advised to get annual mammograms starting at age 40. National guidelines have since been updated, with various expert organizations recommending different starting ages and frequencies.

Our colleagues at the WISDOM Study (Women Informed to Screen Depending On Measures of risk) founded this new study to see if personalized screening schedules, based on women's personal risk profiles, are as safe and effective as annual mammograms or better. All women in the U.S. ages 40 – 74 who have never been diagnosed with breast cancer are eligible to join this online study, with genetic testing included for some participants.

**Please note: the WISDOM Study is a separate, distinct study from the California Teachers Study.** If you have questions about the WISDOM Study, or are interested in joining, please contact the WISDOM Study team directly at [info@wisdomstudy.org](mailto:info@wisdomstudy.org) or 855-729-2844.

To share information about the WISDOM Study with your loved ones or to enroll yourself online, you may visit their website at [www.thewisdomstudy.org/cts](http://www.thewisdomstudy.org/cts).

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