

# The California Teachers Study

## Quarterly Digest

### Happy Spring, from the California Teachers Study!

*It's your Spring 2018 Quarterly Digest.*



Spring has finally sprung in California! The California Teachers Study team thanks each of you who has reached out to us after receiving the first Quarterly Digest. We have been thrilled to hear your comments and feedback!

### Write on! We've launched a blog

*Check out this new feature on our website*

In response to the excellent questions and suggestions that you've shared in response to the 6<sup>th</sup> questionnaire and the first Quarterly Digest, the California Teachers Study is excited to announce that we've launched a blog on our website! Look forward to a new post each month highlighting a topic you or your fellow participants have asked about or suggested we highlight. [Click here](#) to check out our latest blog post.

### Meet our California Teachers Study Researchers

*Get to know the individuals who drive this important research*

For the first time, you can put names to the faces of our fabulous team of researchers who ask the big questions – such as “what causes cancer?” or “how can we find better ways to prevent not only cancer, but other health conditions?”

Visit our [Researchers page](#) to meet the people who use your questionnaire responses to find these

answers. If you'd like to learn more about a specific researcher and their area of expertise, just click on their photo and a link will pop up with more details about their research portfolio.

## What causes non-Hodgkin lymphoma?

*A new project takes on this important question*

The California Teachers Study is currently working with other researchers across the U.S. to investigate the causes of non-Hodgkin lymphoma. Our CTS team will be contacting some of our study participants who have been diagnosed with or treated for non-Hodgkin lymphoma to ask if they are interested in participating in this new study.

To learn more about the importance of collecting lymphoma tissues for research, click [here](#).

## Study Findings: Can physical activity reduce your risk of cancer?

*Read more about our most famous findings to date*

Did you know that the California Teachers Study is best known in the research world for our findings on how physical activity may reduce one's risk of breast cancer? Using data from all your study questionnaires, CTS researchers have found that strenuous recreational physical activity is associated with a lower risk of breast cancer. The reduced risk was most apparent in women who had a triple negative breast cancer (TNBC ER-/PR-/HER2-).

To learn more, visit our [study findings](#) page today.

If you have a comment or question for future study communications, please visit the [Contact Us](#) page on our website to share it. 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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