

Welcome to the sixth annual issue of the DietCompLyf study newsletter.

Thank you for all of your contributions to the DietCompLyf study, which has made it the largest study of its kind within the UK. We are very grateful for all of your involvement.

In 2013, all the participants on the study will have reached at least the year 4 visit. There are about 20% of participants still on the study who will finish by the end of 2014.



Published data from the DietCompLyf Study

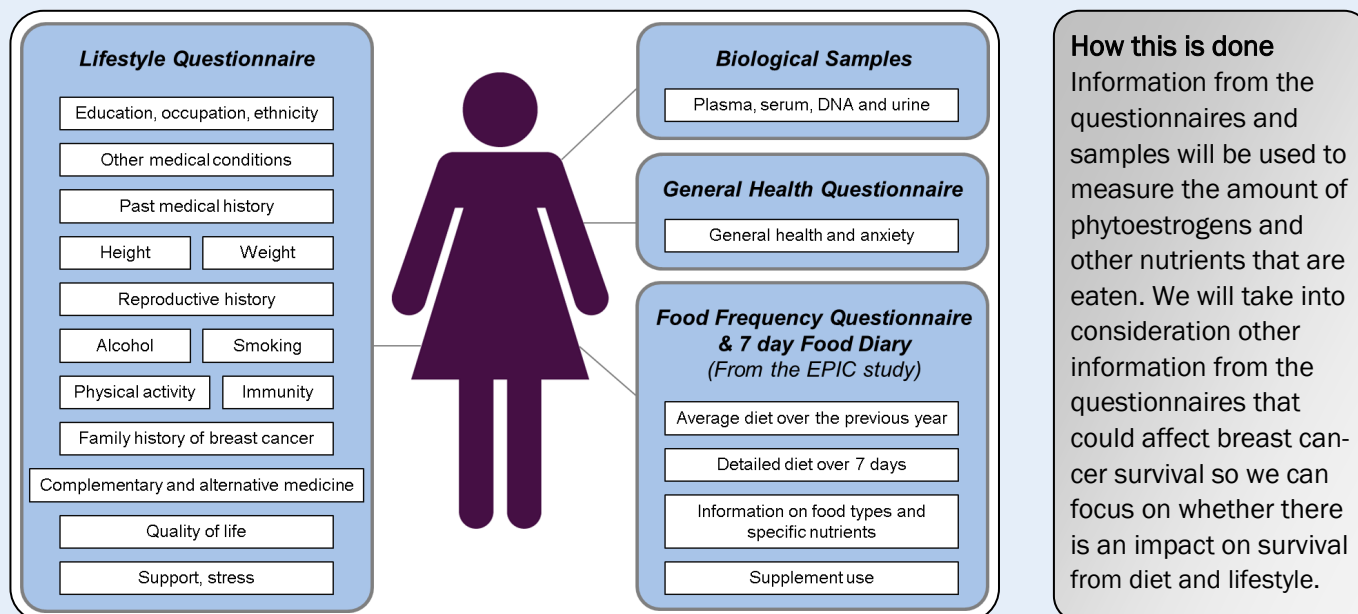
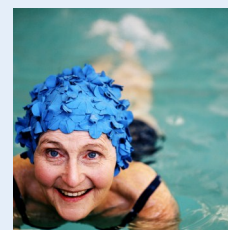
We are delighted to have published the study design and initial results, a summary of which is presented below.

The paper was published in the journal *Maturitas*. Vol. 75. No. 3, July 2013, pages 232-240.

Authors: Ruth Swann, Annie Perkins, Louiza Velentzis, Cristian Ciria, Susan Dutton, Angela Mulligan, Jayne Woodside, Marie Cantwell, Anthony Leathem, Claire Robertson, Miriam Dwek.

Aims of the study

- To find out if diet and lifestyle could affect survival after breast cancer.
- One focus of the study is to look at the intake of phytoestrogens – which are compounds that are naturally present in plants and are present in a wide range of foods.



Results

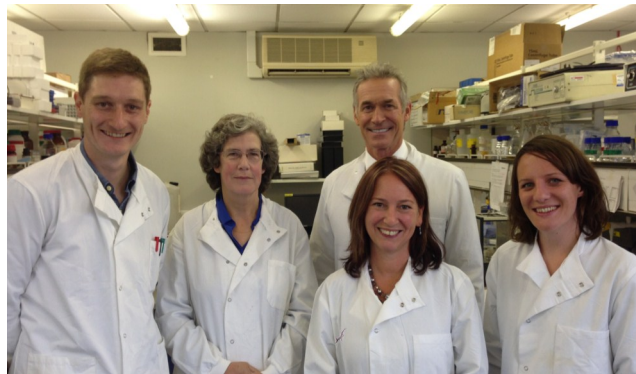
Analysis has shown that the amount of phytoestrogens that patients eat before they were diagnosed with breast cancer was related to certain risk factors for breast cancer, such as body weight. The levels of phytoestrogens eaten before diagnosis did not affect the known factors associated with outcome after breast cancer diagnosis. As some women changed their diet after being diagnosed, the study will now focus on the phytoestrogen levels that are eaten after diagnosis.

Study Update

About 46,000 questionnaires and Over 23,000 blood and urine samples have been collected for analysis

The Lorraine Show

The Against Breast Cancer research group featured on ITV's Lorraine show as part of their 'Bin Your Bra' campaign with Dr Hilary Jones.

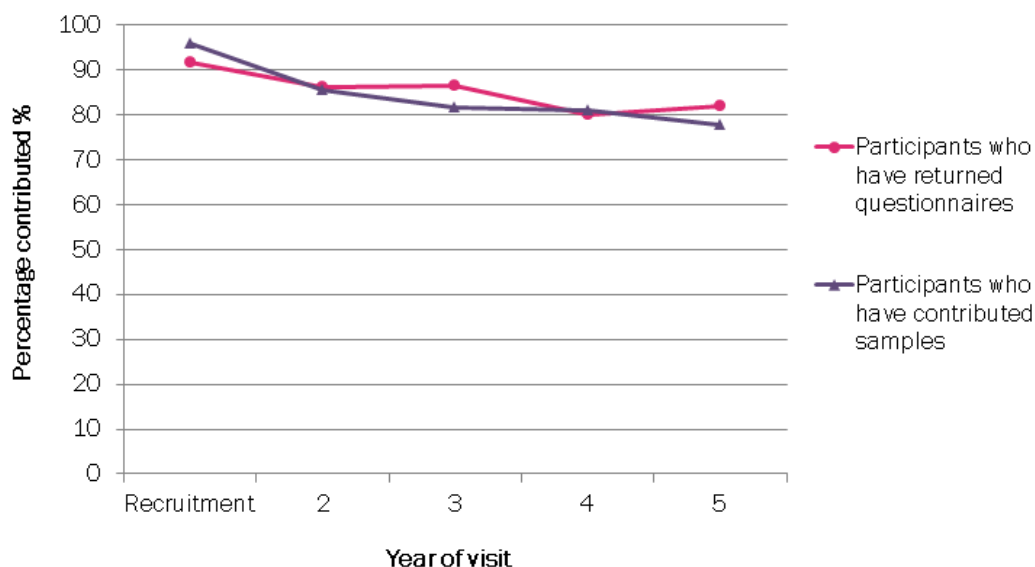


Collaborations

The DietCompLyf study is working with other high profile groups to further investigate possible links between diet and lifestyle and breast cancer survival, including the Breast Cancer Association Consortium and the University of Vanderbilt.

We are extremely pleased with the level of contribution that each participant has made to the DietCompLyf study. Over 90% of participants returned questionnaires and contributed samples at recruitment and this has remained over 75% from active patients throughout the course of the study.

Number of participants who have contributed questionnaires and samples at each study visit.



How we protect your data

We want to assure you that we adhere to the highest standards in the safekeeping and use of your data.

Only authorised study personnel are granted access to your personal information.

All files are stored in locked cupboards, located in a secured room.

All patients are identified solely by their unique study number and initials when data is handled.

All the data we receive is transferred onto a protected computer drive that only study staff have access to.

The Against Breast Cancer research group at the University of Westminster hold regular open afternoons where supporters are welcome to visit the research labs and meet the scientists behind the work. If you are interested in attending, please contact the Against Breast Cancer charity:

www.againstbreastcancer.org.uk/news/charity-news/697/open-afternoons-at-university-of-westminster

Tel: 01235 534211



If you have reached year 5 on the study and would like to receive further annual newsletters with the study results, please complete your address on the form included in the year 5 questionnaire pack and return this with your questionnaires. Alternatively you can request this via email at: dietcomplyf@westminster.ac.uk

More up to date information and newsletters are available on the DietCompLyf website under 'patient newsletters'.

www.westminster.ac.uk/against-breast-cancer/projects/diet-and-lifestyle/patient-newsletters

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Against Breast Cancer

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