**Study Description**

**The Chicago Multiethnic Cohort**(CMEC) is a large study designed by researchers at the University of Chicago to better understand how lifestyle, environment, and genetic makeup affect the development and progression of cancer and other chronic diseases. By identifying the factors that increase the risk of these diseases, we will be able to target opportunities for prevention. In Chicago, health disparities relating to cancer and other chronic diseases (such as cardiovascular disease and diabetes) are often worse than is observed in other areas in the United States. The goal of this project is to improve the prevention, diagnosis, and treatment of cancer and other diseases and to promote health in Chicago. To achieve this, we are enrolling people in the study who represent the general population of the City of Chicago and asking them to provide an array of potentially very important information.We plan to recruit about 100,000 people and we would like to follow-up with the participants for many years. This will help us get answers to important questions about cancer and other chronic diseases that often disproportionately affect groups in Chicago and other urban centers. By assessing factors possibly related to health in our study population many years before a disease develops, we will be able to better understand the causes of cancer and other chronic diseases and how they might be prevented.

If you are asked to participate, the information you provide will help improve the health of *your* community.

**Background**

**Purpose**  
The CMEC Study was established to examine lifestyle risk factors, especially diet and nutrition, as well as genetic susceptibility (an inherited tendency to react more strongly to particular exposures) in relation to the causation of cancer and other chronic diseases.

**How the Cohort will beEstablished**Every cohort member will complete a specially designed, interviewon health related questionnaire at entry to the CMEC Study. The interview will ask about background information as well as medical, medication, physical activity and female reproductive histories. Every cohort member will also provide a biological sample to look at genetic susceptibility and other molecular factors.

**Follow-up**Persons in the cohort who develop cancer will be identified through the Illinois state cancer registry that was established to monitor the progress of the disease and public health efforts to control it.

In addition to the baseline questionnaire other questionnaires will be mailed to CMEC participants to get additional information on new diseases and changes in health and lifestyle.

**Our Vision**Over the next several years, CMEC investigators will be testing may different hypotheses related to lifestyle and environmentand other factors in order to determine why different racial/ethnic groups have different risks of developing cancer and other chronic diseases.

**Mission Statement**Our mission is to make a significant contribution to the goal of preventing cancer and other chronic diseases in the populations of the U.S. and the rest of the world.

**Research Team**

The CMEC is run by principal investigators Habibul Ahsan, MD, Michelle Le Beau, PhD, and Richard Schilsky, MD, all fromThe University of Chicago’s Comprehensive Cancer Center.

### Principal Investigators



* **Habibul Ahsan, MD***.*is the Principal Investigator of the CMEC, Louis Block Professor of Epidemiology, Associate Director (population research) of the UCCCC, and Director of the Center for Cancer Epidemiology and Prevention at the University of Chicago. He has studied cancer for over two decades.
* **Michelle Le Beau, PhD**. is a Co-Principal Investigator of the CMEC and Professor of Medicine, Director of the UCCCC, and Director of the Cancer Cytogenetics Laboratory. She is an international leader in cancer cytogenetics and genetics.
* **Richard Schilsky, MD**is a Co-Principal Investigator of the CMEC and Professor of Medicine, and Section Chief of Hematology/Oncology.He specializes in the treatment of gastrointestinal cancers and in the development of new cancer treatments.

### Co-Investigators

* Maria Argos, PhD-Assistant Professor
* Briseis Aschebrook-Kilfoy, PhD- Assistant Professor
* Kathleen Cagney, PhD-Associate Professor of Health Services Research
* Marshall Chin, MD- Richard Parrillo Family Professor of Medicine
* Brian Chiu, PhD–Associate Professor of Epidemiology
* Nancy Cox, PhD- Professor of Human Genetics
* Dezheng Huo, MD, PhD-Assistant Professor of Epidemiology
* Muhammad Kibriya, MD, PhD-Assistant Professor
* Karen Kim, MD–Associate Professor of Medicine
* LianneKurina, PhD- Assistant Professor of Epidemiology
* Diane Lauderdale, PhD–Professor of Epidemiology
* Mark Lingen, MD- Professor of Pathology
* FunmiOlopade, MD-Professor of Medicine and Human Genetics
* Sola Olopade, MD- Professor of Medicine
* Brandon Pierce, PhD-Assistant Professor of Epidemiology
* Ronald Thisted, PhD- Professor of Biostatistics

### Staff

* **XXXXX, M.P.H., Project Coordinator**
* **XXXXXXX, M.P.H., Research Coordinator**
* **DATA**
* **LAB**

**Frequently Asked Questions**

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| **1. What is the purpose of The Chicago Multiethnic Cohort (MEC) Study?** By recruiting 100,000 participants into a Chicago Multiethnic Cohort Study (CMEC) and conducting multiple decades of follow-up, we will be able to answer some of the etiologic questions and identify opportunities for prevention. The Chicago Multiethnic Cohort Study will be designed to provide data on exposures and biomarkers that are thought to alter the risk of cancer and other chronic diseases.  **2. Who is conducting the study?** The study is being conducted by University of Chicago Comprehensive Cancer Center. The CMEC is run by principal investigators Habibul Ahsan, MD, Michelle Le Beau, PhD, and Richard Schilsky, MD,  **3. Who is funding the study?** The study is currently funded by The University of Chicago Comprehensive Cancer Center. Once initial recruitment is concluded, we will seek NIH support.  **4. How was I recruited for the study?** We wanted to reach adults living in Chicago that reflect the racial/ethnic distribution of the City. Addresses were used to recruit participants residing in targeted study areas. People who are the age of 45 or older in 2012, English speaking, and permanent residents or citizens were recruited.  **5. Am I still qualified to participate in the study if I moved out of Chicago?** Yes, as long as you were a resident of Chicago when you entered the study between 2012 and 2013 you will always remain a study member.  **6. How will you follow-up on participants over time?** Every 2 years, we will re-contact participants. It is necessary to have updated information from our participants in order to continue our important research.  **7. How will we learn of study results?**  Our regular newsletters will update you as new findings emerge. This website will be updated with the information published in the newsletters, and will provide a description of all study results and the reference you would need to locate any articles that are published using CMEC data.  **8. How often will I receive a CMEC Newsletter?**  Once a year.  **9. Why am I so important?** You are a very important member of the original cohort who started this study. Each and every member of this valuable group’s input is needed. We cannot ask anyone else to take your place; only the original group of people who started the study can help us.  10. Is my response to the questionnaire important?  Yes, it is crucial. The accuracy of scientific studies like the CMEC depends critically on participation. If the participation rate is low, with lots of people opting not to return the questionnaire, there will be doubt that the results are correct.  **11. Why do you collect blood and urine specimens?** These specimens can be used for many kinds of research. Primarily, they complement the information from the questionnaires by enabling us to examine the relation of components measured in blood and urine to the risk of cancer. They are also used to study the interaction between genetic susceptibility (an inherited tendency to react more strongly to particular exposures) and lifestyle or environment in relation to the causation of cancer. The ultimate goal is to identify ways to prevent cancer.  **12. What do I receive in return for participating in the study?** We hope it’s gratifying to know that your contribution to our research will benefit people now and in the future by bringing us closer to understanding the causes and means for prevention of cancer.  You will receive the **CMEC News** everyyear which is a newsletter for study participants. We will bring you up to date on the study’s activities and research findings.  **13. Will I receive any research results?** Because this is a research project, we will not be releasing the results of any individual research tests. Information learned from the research that could be of possible medical benefit will be provided to you through our annual newsletter, the **CMEC News**. |

**14. If I have a medical question, can the CMEC help me?**

We can help you find sources of information, but we cannot give advice on specific medical problems. Only your doctors and nurses have sufficient information to help you make decisions about care and treatment. If you are in doubt about the care you are getting, it is useful to get a second opinion.

**15. Can participants have input into the decision about what health issues will be studied?**

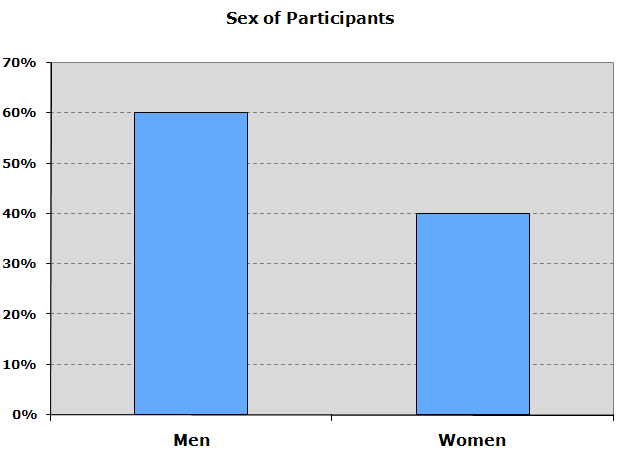
Yes. If you have suggestions, please let us know by emailing us, calling us, or writing to us.

**16. Who can I contact if I have questions about the CMEC?**

You can call our toll-free number, 1-800-XXX-XXXX, to reach study investigators and research staff, or you can email us at [cmec@uchicago.edu](mailto:cmec@uchicago.edu).

**Future Description of participants- For example, histogram with sex of participants, age, race/ethnicity, education level, BMI, smoking, physical activity**

**For example,**



**Contact CMEC**

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**Tools for your health**

**For Your Health**

http://www.nhlbisupport.com/bmi/

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|  | [**Calculate Your Body Mass Index (BMI)**](http://www.nhlbisupport.com/bmi)  Are you a healthy weight for your height? Use this BMI calculator to check. |



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| [**How have Food Portions changed in the last 20 years?**](http://hp2010.nhlbihin.net/portion/)  Take these quizzes to learn how portions have changed, and think about what it means for today’s diet.  http://hp2010.nhlbihin.net/portion/ |  |



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|  | [**Analyze Your Diet**](http://www.mypyramidtracker.gov)  Choose “Assess Your Food Intake” to enter the foods you eat each day, see your nutrient intake and understand how your eating habits compare to the recommendations for your height, weight and age. |

http://www.mypyramidtracker.gov/

**Confidentiality**

As soon as the interviews and questionnaires are received at our office, the sheet with personal information is detached from the rest of the questionnaire and stored separately. For data captured electronically, personal information will be kept confidential.Published information provides group statistics only and never individual information. Any contact with friends or relatives whose names have been provided by participants is solely for the purpose of locating the participant in the event that he or she cannot be reached by mail or by phone. No personal study information about the participant will be disclosed to friends or relatives.

**CMEC newsletter**

**Example**

**CMEC News - Winter 2013**  
*Published for Study Participants by the University of Chicago Comprehensive Cancer Center*

**Dear Participant,**

Happy New Year! The CMEC Study is still enrolling participants but we have almost reached our recruitment goal thanks to your participation. Since the study began, we have enrolled nearly 100,000 persons. We will be publishing information describing the enrolled participants by age, gender, race, and location of residence shortly. In the coming year, we will begin to publish on some important findings already for obesity, diabetes, and cardiovascular health.

In future issues of our annual newsletter, we will report on important findings from articles published during 2014. This year we plan to look at………… These reports will help us understand more about cancer and how it might be prevented. This information will make a significant contribution to public health!

Without your participation, none of this would be possible. We invite you to visit the study website for news, contact information, and the complete list of articles from the study at <http://XXXXXXXXXXXX/>.

Thank you for your continued time and participation in the Chicago Multiethnic Cohort Study!

Habibul Ahsan, MD, MMedSc  
*Chicago Multiethnic Cohort Study*



**FuturePublications**

**Questionnaires- Add baseline Q and FFQ to this tab**

**Participant login- Have items to complete, comments section, section to update residence, section to report new disease or cancer diagnosis.**