



THE MANITOBA TOMORROW PROJECT

A long-term health research initiative

RESEARCH PARTICIPANTS WANTED

Have you ever wondered why some people develop cancer and chronic disease, while others do not?

Help researchers untangle how genetics, environment and lifestyle interact to influence cancer and chronic disease risk.

Pay it forward for future generations of Manitobans.

Only a 1.5 hr time commitment.

ELIGIBILITY

Adults aged 35-69 who:

- Have no personal history of cancer (excepting non-melanoma skin cancer)
- Are residents of Manitoba

MAKE A DIFFERENCE

Contact the Study Coordinator:

1 (855) 588-0658

CCMBTomorrow@cancercare.mb.ca

FAQ

WHAT IS THE PURPOSE OF THE PROJECT?

This project is intended to serve as a platform for enabling and supporting cancer and chronic disease research and prevention programs, now and in the future. Research focusing on how genetics, lifestyle and environment interact to influence cancer and chronic disease risk is envisaged.

WHAT WILL I BE ASKED TO DO IF I TAKE PART?

Eligible participants will be asked to complete a questionnaire about health and lifestyle, and attend an appointment at a study center. During this appointment, you will be asked to provide informed consent for this voluntary project, and provide key personal health information, donate blood and urine samples and have simple physical measurements taken.

WHAT ARE THE RISKS INVOLVED?

A small blood sample will be taken from one of your arms. Blood collection performed by a professional can sometimes cause bruising, pain, or rarely, fainting. There is also a small risk of infection associated

with blood draws. Some of the questions in the questionnaire(s) might be stressful or upsetting to you. Every caution will be taken to protect the confidentiality of the biological samples and information you provide.

WILL THERE BE ANY COSTS ASSOCIATED WITH PARTICIPATING?

There are no costs to you for participating in this project. Parking charges for your visit to a *Manitoba Tomorrow Project* study center will be reimbursed.

WHAT ARE THE BENEFITS OF PARTICIPATING?

We do not anticipate any direct benefits to you for participating. Your participation in *The Manitoba Tomorrow Project* will contribute to a better understanding about the causes of cancer and chronic disease, and what influences health and illness for a large number of Manitobans. Findings from this research are mostly going to benefit future generations of Canadians.

WHO IS CONDUCTING THE STUDY?

The Manitoba Tomorrow Project is being conducted by researchers at **CancerCare Manitoba**, with support from the Canadian Partnership Against Cancer.