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MTP News

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What is the Manitoba Tomorrow Project?

The Manitoba Tomorrow Project (MTP) is a long-term study that will help us to learn more about the causes of cancer and other chronic diseases. By doing this, we can improve the health of Manitobans. Our study team will follow 10,000 people for up to 50 years.

Why is the study being done?

Why do some people develop chronic diseases, while others do not? For many chronic diseases, the causes are still unknown, or not well understood. We know that our genetics, environment, lifestyle, behaviour and social factors all play a part in our health, but we have a lot more to learn about how and why. Studying how health changes over a long time in a large group of people can help us to better understand the causes of chronic diseases. This knowledge could lead to better treatments, new tools to detect diseases earlier (when they may be easier to treat), and policies to prevent diseases.



Message from our Investigators

Welcome to the inaugural issue of MTP news, a newsletter for participants in the Manitoba Tomorrow Project!

We are very excited to finally get this first newsletter out to you. To our newer participants: we're happy to have you with us. To those who have been around for a while, hope you have been well.

We are so grateful for your participation – thank you!

The purpose of MTP news is to keep you informed about the progress of the study, share information about upcoming study plans, and provide research updates. MTP news will be emailed (or mailed if we don't have a current email address on file for you) to current participants around once per year, and it will also be posted on the study website: manitobatomorrowproject.ca

In this issue, we give you an update on numbers, and who makes up our study population.

You'll read about what is happening with the study during the COVID-19 pandemic, including an online COVID-19 questionnaire we're working to bring to you.

We have news about changes to the study criteria that make participation in the study open to more Manitobans.

The In the Spotlight section will focus on a person involved in the study such as a staff member, participant or researcher. First up is Dr. Donna Turner, The Manitoba Tomorrow Project's Principal Investigator.

Then finally, the issue closes with some common questions asked by you, the participants.

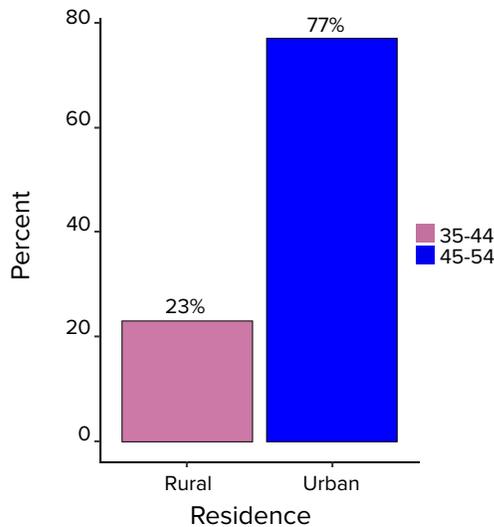
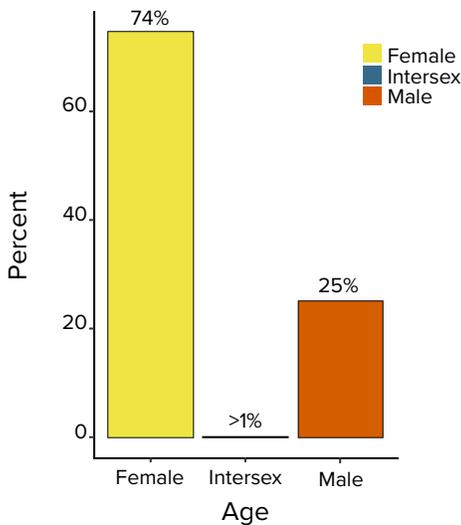
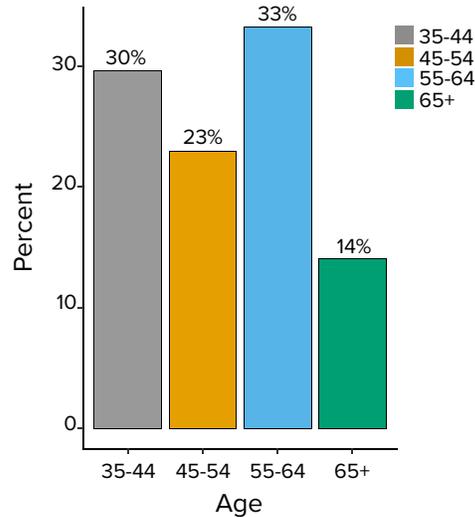
In partnership with:

Study Updates

We recruited our very first participant back in July 2017, as part of our small pilot study. Recruitment for the full-scale study began in January 2019. To date, over 1,200 Manitobans from across the province have signed up, with new volunteers joining almost every day.

Our team is still hard at work recruiting new volunteers, planning outreach events and follow-up activities, collecting and processing biosamples, physical measures and questionnaire information from participants, all toward our goal of 10,000 Manitoba participants by April 2022.

Who has joined the study so far? The three figures on this page describe our current participants in terms of age group, sex, and residence (urban vs. rural). We can see that Manitoba Tomorrow Project participants are more likely to be female, born between 1956-1965, and reside in Winnipeg.



COVID-19 Update

To all participants who have sent back a completed study package in recent weeks - thank you for taking the time to complete it! Our usual next step is to reach out to you to arrange for the optional in-person study visit. However, the visits are postponed until further notice. We will follow up with you to book a study visit after the COVID-19 situation has passed. Though this part of our study is paused for now, we are still able to send and receive mail, and continue to monitor our project email and phone lines daily.

Feel free to contact us with any questions or concerns; we are always happy to speak with you!

Online COVID Questionnaire -

We are joining with the other Canadian cohort studies in CanPath to learn about the impact of the COVID-19 pandemic on our lives and health. Watch for an invitation email coming from us soon. Remember, your participation in follow-up study activities is voluntary, and gratefully acknowledged!

Please help us keep our files up to date!

The Manitoba Tomorrow Project is a long-term study and staying in touch with participants is important for the project's success. Keeping current participant contact information reduces the number of participants who are 'lost to follow up.'

If you have moved and/or changed your email address recently, please take a moment to update us. Even if you move outside of Manitoba or Canada, we can send you information and updates.

Online:

manitobatomorrowproject.ca

Email:

CCMBTomorrow@cancercare.mb.ca

Telephone:

Toll-free: 1-855-588-0658

Direct: 1-204-787-8890

Mail:

Manitoba Tomorrow Project
CancerCare Manitoba
ON4009g - 675 McDermot Ave.
Winnipeg, MB R3E 0V9

What's New?

The Canadian Partnership for Tomorrow Project (CPTP) is now **CanPath** - the Canadian Partnership for Tomorrow's Health. The Manitoba Tomorrow Project is proud to be a member of CanPath, Canada's largest population health study.



Comprised of more than 330,000 participants, CanPath is a unique Canadian platform allowing scientists to learn more about the causes of chronic disease and cancer for a healthier Canada and world. Manitoba is the only CanPath member that is actively recruiting new participants. Learn more at canpath.ca.

MB Health Mailout Invitations

We sent out an invitation letter to a random selection of 5,000 Manitobans, and the response has been great so far! We are planning to do four more of these mailouts over the next year.

Our study inclusion criteria have changed!

To better match with our national partner projects across Canada, we are opening participation in the project to older and younger Manitobans, and to Manitobans with a personal cancer history.

- THEN -

Age 35 - 69

No personal cancer history

MB resident 1 year or more

- NOW -

Age 30 - 74

No restrictions

MB resident 1 year or more

We are looking for recruits – Can you help us?

Do you have friends, family members or co-workers who may also be interested in becoming a participant?

Along with sending out mail invitations, we also accept volunteers who meet the simple inclusion criteria - **any Manitoba residents aged 30-74.**

Please encourage those you know to reach out to us:

Contact Form

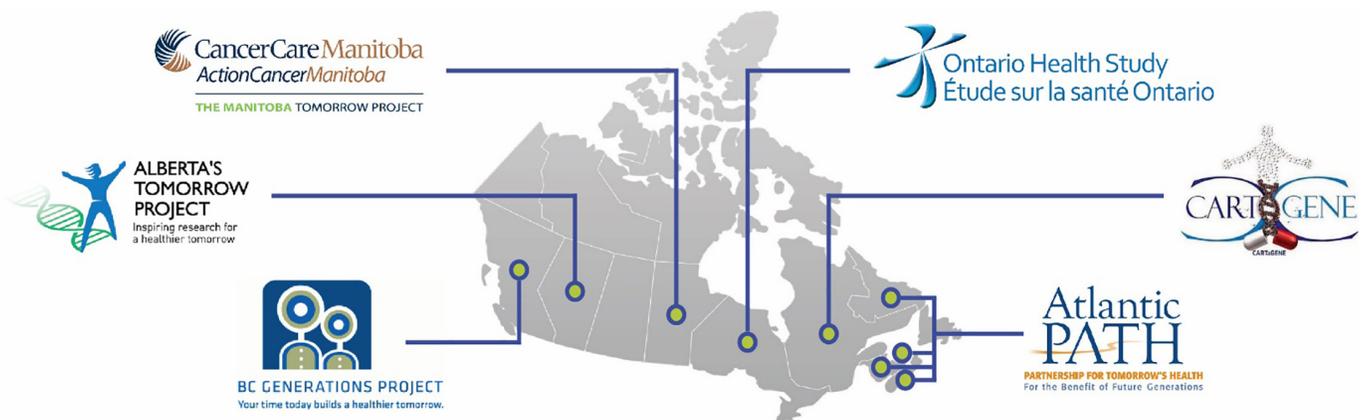
<https://www.cancercare.mb.ca/Research/contact-form>

Email

CCMBTomorrow@cancercare.mb.ca

Toll-free 1-855-588-0658

Direct 1-204-787-8890



In the Spotlight - About our Principal Investigator



Dr. Donna Turner is an Epidemiologist and Provincial Director of the Population Oncology portfolio at CancerCare Manitoba, and Associate

Professor in the Department of Community Health Sciences at the University of Manitoba.

Donna began her training at the University of Victoria in Health Information Science, followed by

graduate work in epidemiology and oncology at the Universities of Calgary and Alberta and a postdoctoral fellowship at the Manitoba Centre for Health Policy.

Much of Dr. Turner's research has focused on cancer statistics and the effects of cancer-related health services (prevention, screening and treatment) on outcomes like survival.

However, The Manitoba Tomorrow Project is a unique opportunity: "Most epidemiologists learn about large population-based cohort studies in school," she says, "but few of

us actually get to be part of one. It's definitely a once in a lifetime opportunity!"

"Today, we think almost 50% of all cancers could be prevented. In 20 years, we might be able to say that number is 60 or 70%, thanks to what we learn from The Manitoba Tomorrow Project and its sister cohorts in CanPath."

As a participant in The Manitoba Tomorrow Project herself, Dr. Turner is excited to see where the science leads us.

Common Questions

How often will I be contacted in the future?

Roughly, once every few years. When we contact you in the future, it could be to:

- Ask you to complete another questionnaire
- Ask you to donate more biological samples
- Invite you to participate in other research studies

We also want keep you in the loop about the progress of the study through future editions of MTP news, around once per year.

I received a study package in the mail a while ago, is it too late to complete it?

It is not too late! We will be taking new volunteers until our planned close date of March 31, 2022.

If I move, can I stay in the study?

Yes! We are interested in keeping you in the study even if you move outside the province, or outside of Canada. If you do move, please reach out to us to update our records with your new contact information.

When will you know results from the study?

Because the study is long-term, many of the important results related to the causes and prevention of chronic diseases will not be known for many years. However, the information you provide is very valuable in the short term, as it can give a snapshot of the current lifestyle and health patterns of Manitobans.

I have friends and family members that also may be interested in signing up. Can I tell them about the study?

Yes! We accept volunteers, and would love to hear from them. Please encourage anyone who you think may be interested to reach out to us through the project website, email or telephone lines.

Any other questions?

[Drop us a line, anytime!](#) Also check out our new FAQ section on our website for more answers to many other commonly asked questions.