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MTP News

Issue 2 | Winter 2021/22

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!

Website:

manitobatomorrowproject.ca

Email:

CCMBTomorrow@cancercare.mb.ca

Telephone:

1-855-588-0658

Mail:

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



Note from our Principal Investigator

I am very pleased to bring our 2nd annual newsletter to you!

Our very first participant in our pilot study came through our doors 4.5 years ago and today, we are proud to say we have over 8,000 participants (well on our way to our goal of 10,000 participants).

It's no surprise that COVID-19 has been a challenge for everyone, and we are no exception; the most notable change has been around the in-person study visits, which have been on hold since March 2020.

We remain committed to this part of the project, and can't wait to meet you at this (optional) appointment when it is safe to do so.

We are now the largest population health research study in Manitoba, and we're just getting started. So whether you are new to the study, or have been with us for some time, we're so grateful to have you with us – we literally could not do this without you.

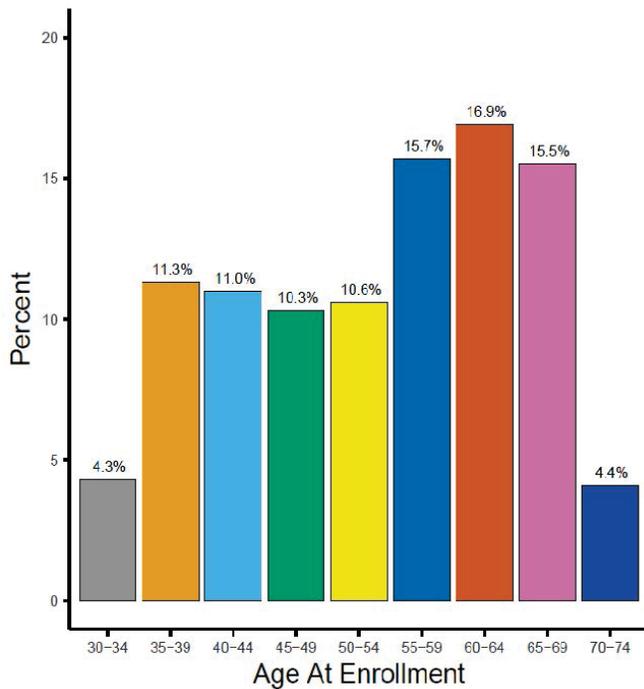
In closing, if you have a new mailing address or email, please take a moment to send us your new information at: ccmbtomorrow@cancercare.mb.ca. Thank you for your continued participation in The Manitoba Tomorrow Project, and enjoy the newsletter.

Donna Turner, PhD
Scientific Director

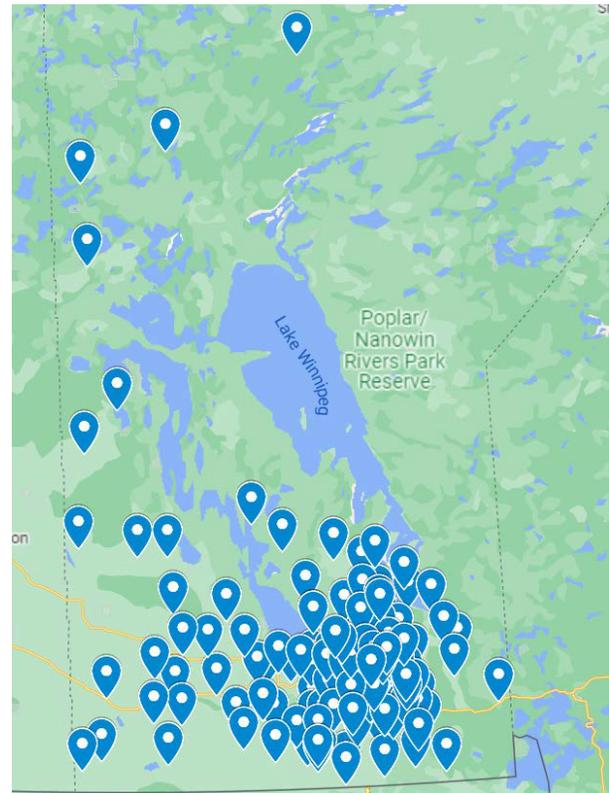
In partnership with:



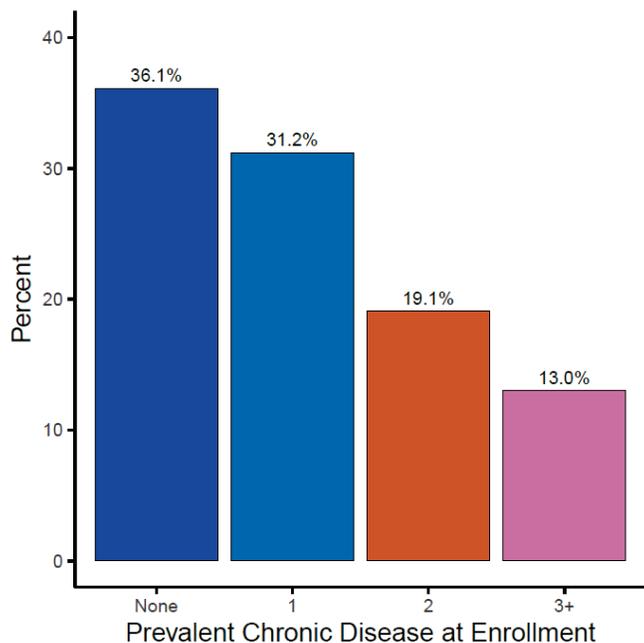
Study Updates



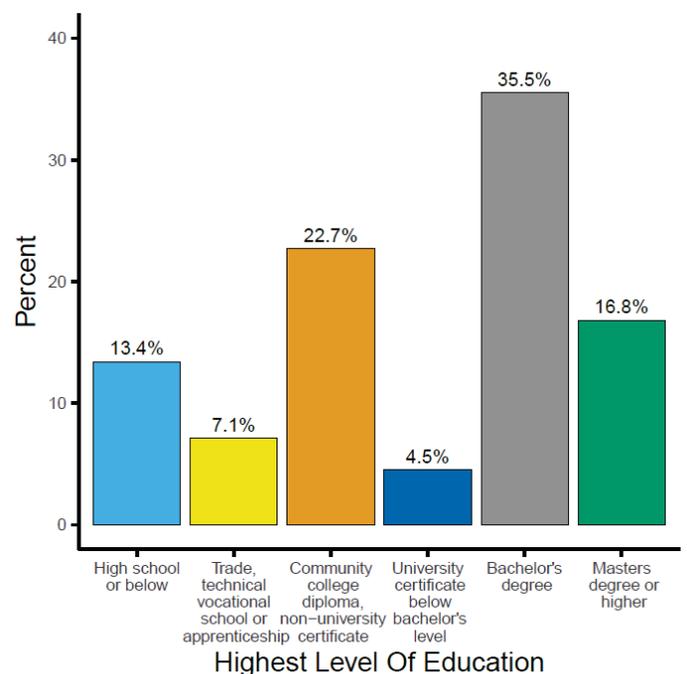
There is good representation across the whole 30-74 age range. The median participant age is 56 (i.e. half are below age 56 at enrollment, and half are above).



Over 8,000 people have been recruited for the study from 150 Manitoba communities and counting! We are drawing closer to our goal of 10,000 people, and hope to complete recruitment for the study by summer/fall 2022.



Nearly two-thirds of our participants live with one or more chronic health conditions - The top five most common reported (in order) were arthritis, high blood pressure, asthma, eczema and major depression (cancer is not included in these numbers).



Many MTP participants have a university degree or other post-high school education.

What's New?

You can now participate in French!

We are now able to offer study correspondence in French!

When new participants join the study, they are now asked for their preferred language (French or English) directly on the sign-up form.

Current participants: If you would prefer to receive future study correspondence in French, simply let us know the next time we speak - we'll ensure you get switched over to receive communication in French going forward.

At this time, we are unable to offer study correspondence in any additional language(s) beyond French or English - thank you for your understanding.



Participant Town Hall



Wednesday,
February 24th, 2022



11 a.m.
to 12:30 p.m. (CST)

Online Zoom
Webinar

Our first ever participant town hall was a success! Over 5,000 participants from across the country joined in, and asked over 1,000 questions! Missed the Town Hall?

[View the recording here!](#)

We heard CanPath's national and regional scientific directors talk about:

- Why this study is unique in Canada, and getting noticed internationally
- How CanPath data is used in cancer research
- Research into how workplace exposures and air pollution affect our health
- Genomics - what is genotyping and why is it so valuable to researchers
- COVID-19 Antibody Study results
- Physical activity & diet research
- What's next for the study

COVID-19 Studies

Data collected on the online COVID-19 questionnaire (Fall 2020)

It became apparent in early 2020 that long-term research studies like ours – and our partner studies in CanPath – were uniquely poised to support global efforts to collect information about how the COVID-19 pandemic is affecting our health in the short and long-term.

We launched a COVID-19 questionnaire in August 2020 which closed in December 2020. Over 1,000 MTP participants completed this survey (an amazing 83% response rate!!). The CanPath COVID-19 questionnaire dataset is now available to researchers worldwide and includes over 101,000 participant responses collected across Canada, including data from MTP participants.

SUPPORT Canada COVID-19 Antibody Study (Spring 2021)



In Spring 2021, MTP and CanPath launched a national study involving collection of COVID-19 data and outcomes from 24,000 Canadians (including 750 Manitobans).

We are sending out blood spot kits and online questionnaires to participants, to determine the prevalence of COVID-19 antibodies caused by prior infection (or vaccination).

MTP participants were selected for this study based on target criteria. This study is ongoing, but we are not accepting new participants at this time.

In the Spotlight - Our Study Team!



From left to right: Noor Breik - Research Assistant Sarah Teillet - Research Assistant Travis Hrubeniuk - Study Coordinator Gary Annable- Study Coordinator Nikita Lysenko - Study Coordinator Sydney Earpwiebe - Research Assistant Laurie Lange - Lab Technician Fernanda Willhelm - Research Assistant.
Missing from picture: Dr. Donna Turner - Principal Investigator, Mary Natividad - Data Manager, Allen Xiao - Programmer Analyst, Allison Kolly - Research Assistant.

Common Questions

How often will you stay in contact with me?

Roughly, once every few years. When we contact you in the future, it will be to invite you to complete follow-up questionnaires, give biological samples, and participate in other research studies - you are free to accept or refuse any of these invitations. We will also update you on the progress of the project through these newsletters, roughly once per year or so.

Can I sign up to be a part of one of the COVID-19 studies?

Unfortunately we are no longer recruiting participants for our ongoing COVID-19 studies. A small number of MTP participants were randomly selected for these studies based on target criteria.

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.

What happens if I forget to update my contact information?

We are starting to gather alternate contact information from all of our participants. This could be a friend or family member who agrees to let you provide us with their name and a method of contact so we can reach out to them if we lose touch with you. If we don't have an alternative contact for you yet, we'll ask you about it the next time we speak with you.

I am 70+ years old, am I really useful to the study at this point?

Absolutely! Since you enrolled in the project before turning 75 years old, you are still able to participate through ongoing follow-ups. In the future, as our participants all get older, we may create a process to formally 'retire' participants from the project after they reach a certain age. For now however, we are happy to have you in the study for as long as you wish.

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.