

## ATLANTIC PATH NEWSLETTER 2020

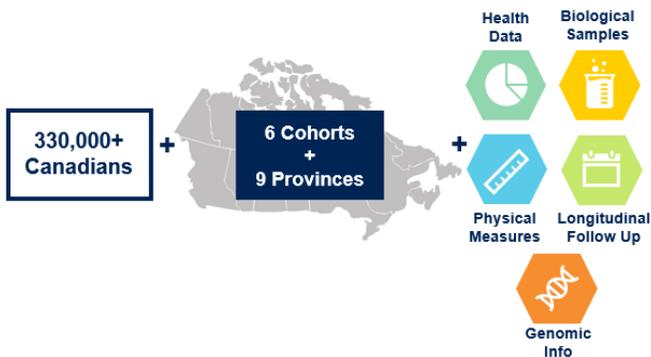
### NAME CHANGE!

The Canadian Partnership for Tomorrow Project (CPTP) has changed its name to CanPath which stands for the Canadian Partnership for Tomorrow's Health!

CanPath includes Atlantic PATH, and five other cohorts across Canada, including the British Columbia Generations Project, Alberta's Tomorrow Project, Ontario Health Study, Quebec's CARTaGENE, and newly added Manitoba Tomorrow Project.

Atlantic PATH is proud to be a member of CanPath, Canada's largest population health study with more than 330,000 participants. CanPath is a unique Canadian platform allowing scientists to learn more about the causes of chronic disease and cancer.

You can learn more about CanPath and sign up for their newsletter at [www.canpath.ca](http://www.canpath.ca).



### COVID-19 QUESTIONNAIRE

Atlantic PATH is joining a Canada-wide initiative by offering a COVID-19 questionnaire. We are especially interested in how COVID-19 and the distancing measures may have affected your physical and mental health, your financial and job status, and what kind of support networks you have in place to help you through. These questions are being offered online to participants in each of the six regions of CanPath so that we can contribute to the national and global scientific efforts to better understand the impact of COVID-19 and improve preparedness efforts for the future. To participate, please watch for an invitation e-mail from Atlantic PATH in your inbox.

### ATLANTIC PATH'S 10<sup>th</sup> ANNIVERSARY

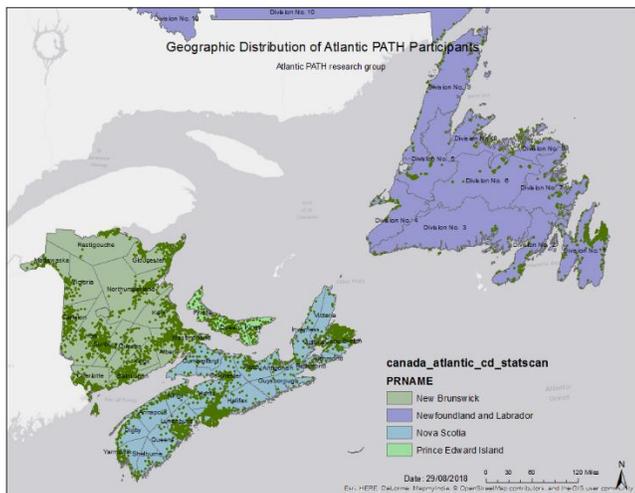


We recently celebrated our 10<sup>th</sup> anniversary! We want to thank all the participants in Atlantic Canada who graciously volunteered your health data and biological samples. This study would not be possible without you!

## RESEARCH IN PROGRESS

Between 2009-2015, your contributions made the first round of data collection a resounding success! We collected hundreds of thousands of pieces of information about our participants and their health. This information has already helped us gain important insights into the health of Atlantic Canadians, and will continue to be used by researchers for years to come.

Our team published a **Cohort Report** using data from Atlantic PATH participants in the *International Journal of Epidemiology*. This report provides an overview of the **30,000+ participants** in Nova Scotia, New Brunswick, Prince Edward Island, and Newfoundland and Labrador.



Credit: Yunsong Cui

We found:

- **Population by province:**
  - Nova Scotia: 16,577 participants (53.2%)
  - New Brunswick: 8,826 participants (28.3%)
  - Newfoundland and Labrador: 4,513 participants (14.5%)
  - Prince Edward Island: 1,167 participants (3.7%)
- **Female participants:** 70%
- **Participants over age 50:** 63%

- **Number who provided a blood sample:** 21,318
- **Number who provided a toenail sample:** 26,548

We hold the Guinness World Record for the **world's largest collection of toenails!**



One third of participants have been diagnosed with one chronic condition, 19% with two conditions, 8% with three conditions, and 5% have four or more.

The most commonly diagnosed cancers among Atlantic PATH participants are:

| <i>Females</i>        | <i>Males</i>                |
|-----------------------|-----------------------------|
| Breast cancer (515)   | Prostate cancer (158)       |
| Cervical cancer (238) | Colon cancer (61)           |
| Thyroid cancer (80)   | Non-Hodgkin's lymphoma (38) |
| Colon cancer (72)     | Bladder cancer (27)         |
| Uterine cancer (67)   | Kidney cancer (22)          |

Other common conditions include arthritis (26.5%), high blood pressure (25%), asthma (11%), irritable bowel syndrome (9%), and diabetes (7%).

The Atlantic PATH team has also completed studies on:

- **Rural and urban participants;**
- **Cardiovascular disease and physical activity levels in cancer survivors;**
- **Depression and coffee and sweetener use;**
- **Lead in well water and toenails;**
- **Blood samples, obesity and diabetes;**
- **Blood samples, obesity and arthritis;**

- **Diet quality and obesity;**
- **Obesity and fruit and vegetable intake;**
- **Diet quality, obesity and inflammatory bowel disease;**
- **Chronic disease and physical activity;** and
- **Shift work and cardiometabolic health.**

There are many other research studies in progress, and we look forward to sharing the results with you in the future!

### Next Generation of Researchers



Take a moment to meet some of the amazing young researchers using Atlantic PATH data and biological samples. We are thrilled to support such important work from the next generation of researchers! [Click here for video](#)

### LOOKING BACK

Members of the Atlantic PATH team were part of a **Road Show** that travelled to **all four Atlantic Provinces** in 2017. We presented to **participants and members of the public** in **Charlottetown, Saint John, Moncton, St. John's, Sydney**, and to our largest crowd of approximately 200 in **Halifax**. We also presented to **researchers** in **Charlottetown, St. John, Fredericton, St. John's, and Halifax**.



*The Atlantic PATH vans drove the team through Nova Scotia, New Brunswick and Prince Edward Island, and we flew to Newfoundland and Labrador)*

If you weren't able to join us during the Road Show, we videotaped the presentations in Halifax, and they can be viewed [online](#).

### **FOLLOW-UP QUESTIONNAIRE**

We conducted our **first follow-up questionnaire** between November 2016-March 2019, completed by 77% of our original participants. The data from follow-up questionnaires allow us to follow your health over time, add important information to our database, and help to improve our understanding about cancer and other chronic diseases.

Thank you for completing your follow-up questionnaire!

### **PROMOTING THE ATLANTIC PATH DATABASE**

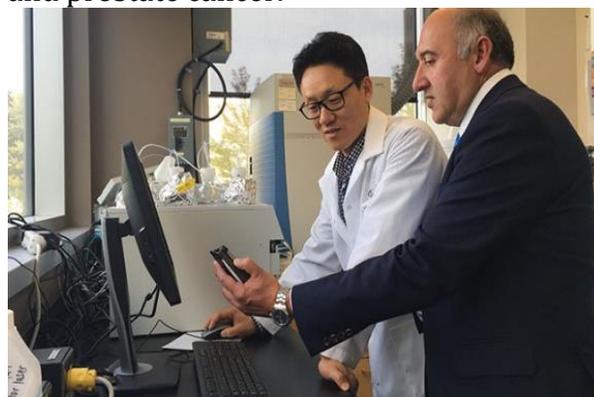
Information about your health, including diet, physical activity, family history of disease, and occupation, as well as physical measures and biological samples are part of the **Atlantic PATH database**.

Researchers who want to access data and biological samples from Atlantic PATH must have approval from a Research Ethics Board, and then applications are reviewed by our Data Access Committee. The data access process at Atlantic PATH **ensures that your privacy and confidentiality are maintained** from start to finish.

Approved researchers are using the Atlantic PATH data and biological samples to explore many different research questions!

### **SPOTLIGHT: PROSTATE CANCER RESEARCH**

We are very excited to highlight a project that Atlantic PATH is involved in on the environment and prostate cancer. Led by Dr. Anil Adisesh and Dr. Trevor Dummer, and funded by Prostate Cancer Canada and the New Brunswick Health Research Foundation, this research is analyzing the association between toxic metal exposures and prostate cancer.



*Dr. Anil Adisesh and Dr. Jong Sung Kim at the Health and Environments Research Centre Laboratory at Dalhousie University.  
Photo Credit: Prostate Cancer Canada*

This project is especially important because prostate cancer is the most common cancer among our male participants.



*Toenail samples*

**Atlantic PATH Team  
Raising Awareness for Prostate Cancer:**

**#PlaidForDad 2019**

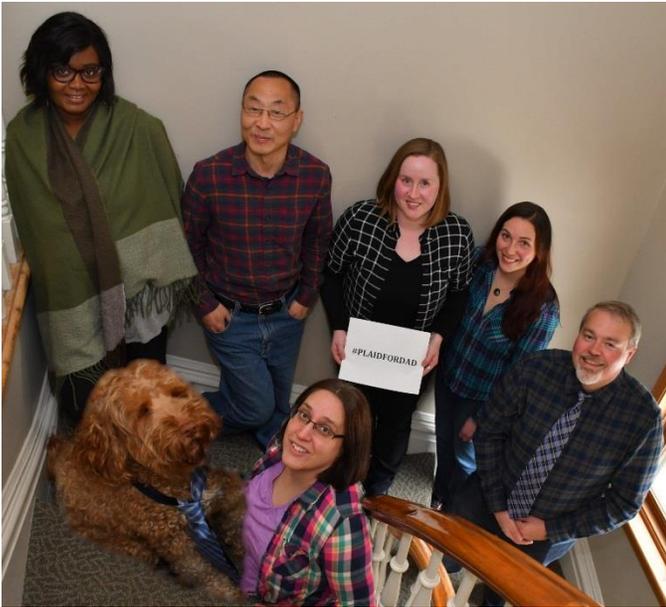


Photo Credit: Jason Hicks

**UPDATE FROM CanPath**

CanPath is entering its second phase with a new home and scientific partner at the University of Toronto. Our colleagues, Dr. Phillip Awadalla and Dr. John McLaughlin have been named National Scientific Director and Executive Director of CanPath. Dr. Awadalla describes CanPath as a “living population laboratory” by following our participants over time,

*“we can develop tools that slow or prevent disease evolution in an individual. The*

*future of this program is reliant on research and discovery by the research community and the continued participation of Canadians to unlock the genetic and environmental factors associated with the development of disease.”*

**STAY IN TOUCH**



One of the most important parts of your role in Atlantic PATH is staying involved!

We have recently updated our **website** and have an active social media presence on **Facebook** and **Twitter**.

Have you moved or changed your email address or phone number? Please contact us to update your information, so you can be sure to remain an Atlantic PATH participant and we are able to send you updates on the study.

**CONTACT US**

Phone: 1-844-285-7284

Email: [info@atlanticpath.ca](mailto:info@atlanticpath.ca)

Website: [www.atlanticpath.ca](http://www.atlanticpath.ca)