



ColoCare Study

PATIENT FEATURE: JESSICA

Why did you decide to enroll in the ColoCare study?

I enrolled in the study to assist in finding out more information in hopes of finding a cure or a better treatment.

What motivates you to continue to participate in the ColoCare study?

Helping my community and others motivates me. I enjoy being a voice for those without a voice and it gives me knowledge about colon health like how food and activities affect my colon.

What would you like other participants to know about your experience on the ColoCare study?

Everyone is so different and what works for one person may not work for you so you have to get to know your own body thru research.

What would you like other colorectal cancer patients to know about your experience during your care?

I would like others to know that it is a journey. Some days are better than others are, but keep going.

Cancer distress is related to certain biomarkers

A recent study analyzing data from participants in the ColoCare Study found that some biomarkers in the blood are associated with cancer distress. Higher levels of these biomarkers are linked to higher levels of depression and anxiety. Exercise and diets high in foods such as tomatoes, green leafy veggies, nuts, fatty fish, and fruits can help decrease these biomarkers, and thus decrease cancer distress, and improve the quality of life for cancer patients! Your participation in the ColoCare Study made this finding possible! Thank you.

Lindley et. al. *Cancer Epidemiol Biomarkers*, 32 (3) 2023.



ENROLLMENT UPDATES

To date we have enrolled 288 participants at Washington University in St Louis and over 3,700 patients in the United States and Germany! Thank you for being a part of the study!

TEAM SPOTLIGHT



Sally is a senior at Saint Louis University, majoring in Health Sciences on the Pre-Med track. She joined the lab to develop her understanding of both the clinical and academic components of research. She enjoys working on the ColoCare project and interacting with participants. In her free time, she enjoys traveling, exploring new places, trying new foods, and spending time with her family and friends.

Contact us if you are interested in participating in the Cognitive Impairment Project!

The ColoCare site at WashU is partnering with our colleagues at the Huntsman Cancer Institute in Utah on a study looking at the effect of cancer treatment on cognitive ability. You are eligible if you have not had chemo in the past year. If you are interested in participating, we will have a zoom call with you where we will ask you to complete a series of games on a tablet that measure attention and control, memory, emotional perception, and finger tapping speed. Completing this is completely optional and bonus gift cards will be provided upon completion.

If you are interested, please contact us at (314) 286-2547 or colocare@wudosis.wustl.edu.

March is National Colon Cancer Awareness Month!

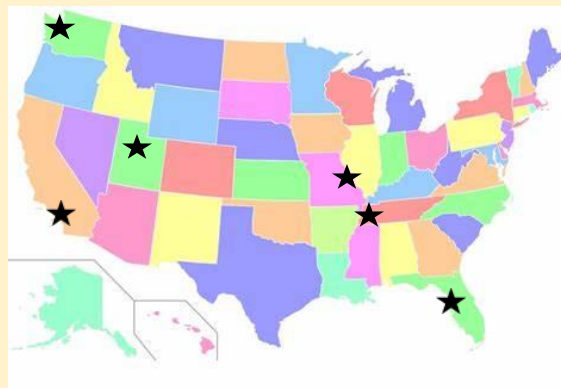
Encourage your friends and family to schedule a screening colonoscopy starting from the age of 45!

For resources and other support, find more information at:

<https://www.ccalliance.org/about/awareness-month>



- Washington University School of Medicine**
St. Louis, Missouri
- Huntsman Cancer Institute**
Salt Lake City, Utah
- Fred Hutchinson Cancer Research Center**
Seattle, Washington
- Moffitt Cancer Center**
Tampa, Florida
- Cedars-Sinai Medical Center**
Los Angeles, California
- University of Tennessee Health Science Center**
Memphis, Tennessee
- University Hospital Heidelberg**
Heidelberg, Germany



ColoCare Sites in the United States and Germany

Connect with other participants and share feedback with the research study team!



ColoCare's Community Advisory Board has created an *online platform* for sharing and connecting with other study participants. If you wish to join or find out more, email the CAB at:

colocarecab@gmail.com.

Contact ColoCare Study

314-286-2547 | colocare@wudosis.wustl.edu
600 S. Taylor Ave., Campus Box 8100
Saint Louis, MO 63110

