



Summer Salad Recipe

3 cucumbers

2 tomatoes

2 bell peppers

10 Tablespoon Vinegar

3.5 Tablespoon Sugar

2 Teaspoon pepper

1 Teaspoon salt

1. Peel cucumbers and slice into rounds
2. Slice tomatoes into small wedges
3. Remove seeds from peppers and slice peppers into strips
4. Mix all together with the remaining ingredients
5. Let sit at room temperature for 2 hours, mixing every ~30min
6. Ready once liquid has covered all the veggies
7. Can store in fridge for up to a week

Accelerometers provide valuable information!

One of the optional tasks we offer every participant is to wear the accelerometer at your 12 month and 24 month visits. These fitbit type devices provide important data on exercise and sleep habits that give us valuable research information in how these affect cancer outcomes.

We are thankful for every participant that has agreed to take part in this optional task and encourage participants to help out in the future as well!

Thank you for all you have done and continue doing for our study as we work together to improve colorectal cancer care and diagnoses!

ENROLLMENT UPDATES

To date we have enrolled 302 participants at Washington University in St Louis and over 3,500 patients in the United States and Germany! Thank you for being a part of the study!

STAFF SPOTLIGHT: KAYODE



I graduated with a medical degree from Obafemi Awolowo University, Ile-Ife, Nigeria and I am presently pursuing a Master's Program in Public Health at the Brown School. I am quite passionate about medical oncology, and this attracted me to the Toriola lab—first as a summer intern, and now as a Graduate Research and Teaching Assistant. My goal is to further unravel the biological mechanisms that drive mammographic breast density and gain more expertise in cancer epidemiology. In my free time, I enjoy driving and spending time with my family.

Colon Cancer and Rectal Cancer are impacted differently by protein pathways

A recent study using valuable data provided by you and other participants has found that a amino acid found in blood, creatine, is related to worse outcomes in rectal cancer but not in colon cancer. Additionally, processes in our body related to metabolism of different foods can improve cancer outcomes. Specifically, for rectal cancer, a diet lower in red meats and proteins are recommended. For colon cancer, a diet higher in fish is recommended.

Ose et. al. *Cancers (Basel)* 2023 Jun 28; 15 (13)

Exercise and BMI are related to colorectal cancer survival outcomes

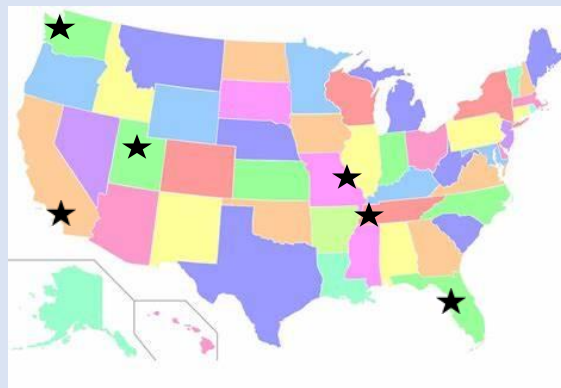
In a recent ColoCare study, our team looked at the relationship between exercise, bmi, and colorectal cancer. We discovered that physical activity and bmi have different impacts on colon cancer survivorship. More physical activity among patients leads to better outcomes and survival among patients regardless of their BMI! It is important to try to stay active! This study, and others, was possible thanks to your responses to the many surveys we ask you to complete, we truly appreciate you!

Himbert et. al. *BMC Cancer* 2023 Apr 3; 23 (1)

Free Summer Activities around Saint Louis!

- Take a walk in Forest Park to see the zoo, the museums, and many other activities!
- Visit one of our many state parks for a weekend hike such as Castlewood State Park, Meramec Caverns, or Lake of the Ozarks!
- Spend a day at a local lake such as Creve Coeur Lake!
- Take a trip to Illinois and visit the Cahokia Mounds!

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

