

## **Newsletter - October 2013**

**With more than 12 years of follow-up now available the Million Women Study continues to be an extremely valuable resource for the study of women's health. With a new period of funding recently awarded by the Medical Research Council to support the study until October 2018, we look forward to answering many new questions related to the health of our cohort. We are grateful for the continued support of all our collaborators and study participants.**

**We have published 23 MWS papers in 2012 and 2013.** These include studies of body size, smoking, reproductive factors, alcohol consumption, pet ownership, mobile phone use, genetic and environmental factors, as they relate to cancers at specific sites. We have also looked at some risk factors for coronary heart disease, fractures, and motor neuron disease. All publications are available on the study website: [www.millionwomenstudy.org](http://www.millionwomenstudy.org).

### **Genes, the environment, and breast cancer**

We found that in situ ductal breast cancers (DCIS) and invasive ductal breast cancers had similar genetic and environmental risk factor profiles, implying that they both share the same aetiology. However, while there was an association between BMI and invasive ductal breast cancer, there was no association of BMI with DCIS. This suggests that BMI may influence disease progression.

Reeves G.K., et al; Comparison of the effects of genetic and environmental risk factors on in situ and invasive ductal breast cancer. ***International Journal of Cancer 2012; 131:930-937***

### **The 21st century hazards of smoking and benefits of stopping**

Women born in developed countries during the early 1940s were the first generation in which a substantial number of women smoked throughout their adult life. We found that long term cigarette smokers lose at least 10 years of their lifespan. However, stopping smoking before the age of 40 years avoids more than 90% of this increased risk of death.

Pirie K, et al; The 21st century hazards of smoking and benefits of stopping: a prospective study of one million women in the UK. ***Lancet 2013; 381: 133-141.***

### **Blood Samples and the disease susceptibility study**

We have been asking more study participants to provide blood samples to help us expand our understanding of the relationship between genetic and

biochemical factors, and disease susceptibility. This phase of blood collection is due to be completed by the end of 2014.

#### 4th General follow-up questionnaires

Mailing of the 4th general follow-up questionnaire began in June 2013 and will finish in March 2014.

#### Online diet questionnaire

To date, 27 500 women have completed at least one online 24-hour dietary recall questionnaire.

## THE MILLION WOMEN STUDY

A confidential national study of women's health



**Did you eat any bread or crackers yesterday?**  No  Yes [| Show Help |](#)

*E.g. toast, sandwiches, rice cakes, bread rolls, hotdog roll, crumpets, tortilla wraps.*

Bread		Amount	None	½	1	2	3	4	5	6+
	Sliced bread	Slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Sandwich baguette, ciabatta, panini, or sub	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Large sandwich bap, stotty, pitta bread	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Bread roll, bap, burger bun, hotdog roll, bagel	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other bread and crackers		Amount	None	½	1	2	3	4	5	6+
	Naan bread	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Garlic bread	Slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Crackers, crispbread, rice cakes, corn cakes (e.g. Ryvita)	Biscuit / Item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Oat cakes	Biscuit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Other bread (e.g. crumpets, tortilla wraps, breadsticks)	Slice / Item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**What do you think of our website?** Please let us know if you have any comments or suggestions. Contact: Barbara Crossley  
barbara.crossley@ceu.ox.ac.uk