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MTP News

Issue 5 January 2024

Please help us keep your information up to date!

The Manitoba Tomorrow Project is a long-term study and staying in touch with our participants is important for the project's success.

If you have moved or changed your email address recently, please take a moment to update us.

Even if you move outside of Manitoba or Canada, we can send you information and updates.

Website

manitobatomorrowproject.ca

Email

CCMBTomorrow@cancercare.mb.ca

Telephone

Toll-free: 1-855-588-0658

Facebook

Manitoba Tomorrow Project

Twitter (X)

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Mail

Manitoba Tomorrow Project
c/o CancerCare Manitoba
675 McDermot Ave
Winnipeg, MB. R3E 0V9

Letter from our Principal Investigator

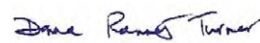
Happy New Year!

I want to open this edition of MTP News by recognizing you, our Manitoba Tomorrow Project (MTP) participants, and your commitment to (and enthusiasm for) the Project. This year we transitioned our focus to completing in-person study appointments and your response has been phenomenal. So far more than 2,200 of you have donated your time to undergo an assessment and/or provide us with biological samples. Our efforts to complete as many appointments as possible will continue as we move into 2024.

Speaking of which, I am delighted to announce our newly renovated space is now open. We look forward to welcoming you to 825 Sherbrook Street for all future appointments. Importantly, we can now offer a wider range of times to better suit your schedule.

Recruitment continues to be an important area of focus for our team as we work towards our goal of 10,000 participants. This year our team took part in several events to raise awareness about the MTP, including the Reh-Fit Centre Fall Health Fair and the Manitoba Liquor & Lotteries Staff Health Fair.

On behalf of the entire MTP team, I thank each and every one of you for your continued participation, and I wish you the very best in the New Year.



Dr. Donna Turner, PhD
Scientific Director



Your Biosamples: A Valuable Resource

As an MTP participant you may choose to donate samples of blood and/or urine (referred to as biological samples, or biosamples).

Every sample we receive is highly valuable. Studying biosamples provides powerful information that can contribute to a better understanding of cancer and chronic disease. Researchers may use biosamples to determine if something in a person's DNA predisposes them to a particular disease, or impacts how effective a treatment will be. This information could then be used to develop new methods of prevention, treatment, and diagnostic testing.

Biosamples are indispensable in science and medicine. The volume of samples we – and other cohorts associated with the Canadian Partnership for Tomorrow's Health (CanPath) – collect are part of what makes us such a valuable resource.

Have a question about the collection, storage, and use of your biosamples? We encourage you to reach out to us!

“Human biosamples contributed by Manitobans are an essential resource in advancing research discoveries. Biosamples can help researchers find new ways of preventing, diagnosing or treating diseases and provide an invaluable tool for scientists to study the mechanisms underlying cancer and rare diseases.

These biosamples capture and represent the diversity inherent in our communities and our province and provide researchers an excellent opportunity to study a comprehensive and relevant collection of samples that advances our knowledge of cancer and other chronic diseases within the Manitoban population at large.”

Dr. Sachin Katyal
Director, Manitoba Tumor Bank

SunFit Project Update

Between August and November, many of you were invited to participate in our second ancillary study, the SunFit Project. Thank you to those participants who have completed the SunFit questionnaire thus far!

SunFit is a research project led by Dr. Ivan Litvinov from McGill University. It aims to:

1. Understand the risk factors for developing cutaneous melanoma (a form of skin cancer) in Canada.
2. Better understand what the population knows about skin cancer and sun protection, and how people protect themselves from the sun.

Our direct involvement with SunFit is nearing completion, but there is still time to participate!

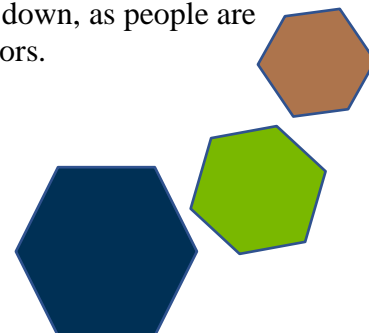
If you would like to complete the questionnaire but have misplaced your SunFit ID, please contact us as soon as possible by emailing CCMBTomorrow@cancercare.mb.ca.

Did you know?

SunFit is a *nation-wide project*. Our colleagues in Atlantic Canada participated over a year ago, and results are rolling out:

- People living closer to the coastlines of Prince Edward Island and Nova Scotia have a higher risk of melanoma compared to New Brunswick and other parts of the country.
- Increased ultraviolet radiation increases rates of melanoma.
- Temperatures above 27°C and rain events drive melanoma rates down, as people are less likely to be outdoors.

To read the full CBC article [please click here](#).



Around the MTP Office...



Pictured above from left to right: (Back Row) **Johnnus Gomez**, Programmer Analyst; **Sydney Earpwiebe**, Project Coordinator Ethics; **Peniel Eshetu**, Research Assistant; **Dr. Donna Turner**, Principal Investigator; **Dr. Travis Hrubeniuk**, Project Lead; **Jamil Talukder**, Programmer Analyst; (Front Row) **Ayodeji Odejoke-Maxwell**, Research Technician; **Galvin Huen**, Research Assistant; **Laurie Lange**, Research Technician; **Allison Kolly**, Research Assistant; **Sarah Teillet**, Project Coordinator Communications.

Our Newly Renovated Study Centre

After much anticipation, we were finally able to move into our newly renovated facility in late October 2023.

This new space has provided the team with our own office space, secured entry, and most importantly, it includes three dedicated rooms for us to welcome you, our participants, in for appointments.

With a small parking lot, more street parking nearby, a bike rack, and a bus stop right outside our doors, you'll likely find getting to our new location much easier.

If you have not yet been contacted about scheduling an in-person study appointment, a member of the MTP Team will be reaching out to you in the months ahead. If you would like to come sooner, please send us an email at CCMBTomorrow@cancercare.mb.ca.

New In-Person Appointment Schedule and Location

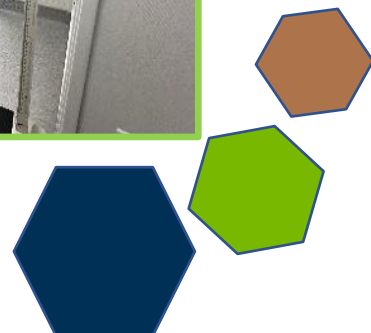
Now that renovations on our new space are complete, we are extremely excited to offer expanded availability for our in-person appointments.

We are now offering appointments six days a week within the following hours:

- Mondays **8:00am - 4:00pm**
- Tuesdays **8:00am - 4:00pm**
- Wednesdays **11:00am - 7:00pm**
- Thursdays **11:00am - 7:00pm**
- Fridays **8:00am - 4:00pm**
- Saturdays **8:00am - 4:00pm**

All in-person appointments will take place within our new space, in the Manitoba Possible building at 825 Sherbrook Street.

If you have questions about parking, or aren't sure how to get here, please contact us.



Raising Scientific Awareness

To help raise awareness about the MTP among the scientific community, our Project Lead Dr. Travis Hrubeniuk represented the MTP at two conferences this year: The Canadian Society for Epidemiology and Biostatistics Conference and The Canadian Cancer Research Conference. Coincidentally, both were held in Halifax, Nova Scotia, the home base for our regional sister cohort, Atlantic Path.

Travis joined colleagues from CanPath – our National Coordinating Centre – and the other regional CanPath cohorts to discuss the benefits of our provincial and national databases, next steps, and future plans. He also gave two presentations, one providing an update on the MTP and the other discussing our recruitment techniques.

As we continue to collect data and prepare our datasets for research use, we plan to attend similar events to make sure researchers from across the country are aware of the platform we provide.



MTP Social Media

Be social with us... The Manitoba Tomorrow Project wants to keep in touch with you! We have social media accounts on Facebook and Twitter (X) that are regularly updated with the latest project advancements, information and news about our team. Please consider following us on Twitter (X)

@**MBTmrwProject** and on Facebook at **Manitoba Tomorrow Project**.

Recruitment

The Manitoba Tomorrow Project is *so close* to reaching our recruitment goals! Will you help us to find our final 1,000 people? We are looking for residents of Manitoba between the ages of 30 and 74. All who meet these criteria are qualified to join and we would love to hear from them. Help us reach our goal of enrolling 10,000 Manitobans in this very special and important project.

So...What's Next?

When will you hear from us next?

If you have already come in for an in-person appointment, your next follow-up will occur in approximately three years' time. If you haven't heard from the team regarding your initial appointment, keep an eye on your email. You may also hear from us if a new study is approved, like SunFit described in this newsletter.

In the meantime, we will reach out to provide periodic updates throughout the year. If your contact information has changed, or you have any questions, please let us know by submitting the updated information on our website (manitobatomorrowproject.ca), by email at CCMBTomorrow@cancercare.mb.ca or by phone at: 1-855-588-0658.

