

# The California Teachers Study *Quarterly Digest*

## Happy Summer!

*It's your Summer 2018 Quarterly Digest from the California Teachers Study.*



We hope you all have enjoyed your summer and are staying cool. Our team has some exciting updates to share with you!

One piece of big news is that our Study Manager who sends these Quarterly Digests is expecting twins! Although the CTS Quarterly Digest will be on a hiatus this fall while she is on maternity leave, we'll be up and running again in early 2019. In the meantime, you can always [visit our blog](#) to find out what's new with the Study.

## Frequently Asked Questions about the CTS

*You asked, and we answered!*

Are you accepting new participants? How long will the California Teachers Study continue? A number of you responded to our most recent Quarterly Digest with these excellent questions, so we've included these answers and more on our website. Learn more today by [clicking here](#).

## Meet our Study Managers!

*Get to know the team that keeps our day-to-day operations on track*

Our study managers spend their days making sure that you get your questionnaires on time, that your contact information stays up to date, and that your vital feedback makes it to our researchers! These women bring diverse experiences and expertise to the California Teachers Study team, and we can't wait for you to meet them.

[Click here](#) to learn more about our Study Managers, including a unique fact about each of them.

## What are we studying?

*An inside look at upcoming research*

We're excited to introduce a new blog series highlighting ongoing research projects in the California Teachers Study. This "What are we studying?" series will provide insight into on-going data analyses before they are even published. You'll be able to see how the answers you have provided to past questionnaires continue to drive research into the causes of cancer and other health conditions, even decades after you completed your first questionnaire!

Think all lung cancer is caused by smoking? Learn more now by [clicking here](#).

## Study Findings: Alcohol and Breast Cancer

*Can alcohol use affect your risk of breast cancer?*

Did you know that California Teachers Study participants who had two or more alcoholic drinks a day had a higher risk of developing breast cancer? The risk of breast cancer in one particular study was highest for participants who were postmenopausal and had a history of benign breast disease or who used combination hormone replacement therapy.

You can learn more about the health effects of alcohol use and smoking on the [study findings](#) page.

If you have a comment or question for us, please visit the [Contact Us](#) page on our website. Be sure to keep an eye out for upcoming Quarterly Digests and blog posts — you might see an answer to your question included!

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