

THE TLC STUDY NEWSLETTER



THE LATEST FROM THE TLC PROJECT

We are so excited to announce that we have received 5 more years of funding for the TLC Study! We look forward to continuing our work with you over the years to come. Over the next five years we will focus on how sleep affects cognition and physical abilities. By continuing to participate you will get to wear a sleep watch and do simple tests of your physical function. So far, we have received great feedback from our participants and hope you will continue to be part of these exciting new developments! Thank you all for making TLC the success it is!

Infrastructure for Research in Equity, Aging, Cancer and Health (I-REACH)

We wanted to share the exciting news of I-REACH, a new grant awarded to Georgetown's Institute for Cancer and Aging Research. Our mission is to expand knowledge and train new scientists working to discover how cancer affects aging and how we can make sure all women benefit from this work.

I-REACH brings together the accumulated expertise of four cancer center hubs: Georgetown, University of Maryland, UCLA, and Wayne State.

You can help in two ways. First, please continue to participate in TLC so we can learn from your experiences. Second, consider getting involved as a survivor and/or caregiver advocate to ensure our program meets the needs of women like you. Please contact Meghan at Meghan.Mihalache@georgetown.edu if you would like more information about how to get involved.

NEW FINDINGS ON IMFLAMMATION

In an exciting new publication from our TLC Investigator at UCLA, Dr. Jude Carroll, TLC data has provided evidence that chronic inflammation is tied to cognitive problems in older breast cancer patients and we are exploring ways to identify those at risk.

It seems that cancer therapies and cancer itself cause damage that triggers an inflammatory response throughout the system. These inflammatory markers are thought to cross into the brain and affect memory. These data will help find ways to prevent future cognitive problems.



The good news is that inflammation can be reduced by a number of actions, like physical activity, getting good sleep, improving diet, maintaining a healthy weight, and managing stress. These lifestyle habits can also improve overall health.

Reach out to Talia (tl838@georgetown.edu) if you would like to read the full article!

MEET AN ADVOCATE!

Hear from TLC Research Advocates, Sherri Stahl and Sue Winarsky, about why the TLC study is important to them:

What does TLC mean to you?

"We are research advocates who have worked with the TLC study since 2016. We and so many others have directly benefited from people who are willing to participate in studies who came before us and who continue to participate in studies like TLC. The idea that what is being done today, will help not only us, but those that come after us, is promising and hopeful. We are moved by the TLC participants' commitment to the study, their selflessness and generosity, and want to take this opportunity to thank all the TLC participants."



Why is giving blood and participating in the sleep study important?

"Providing blood samples and sleep monitoring data are essential to the TLC research by helping the researchers understand cancer and cancer treatments and how it interacts with sleep, inflammation, biological aging and so much more. This in turn will help patients make informed treatment decisions and have better post-treatment care. For example, the sleep monitoring may provide information and guidance on improving sleep quality as an effective survivorship intervention, while blood samples will help predict who is at greater risk for cognitive decline and which treatment options increase that risk."

By providing blood samples and sleep monitoring, the study participants not only advance this study but also make possible collaborative research efforts in related areas."

If you are interested in becoming an advocate for projects like TLC, please contact us (see the Story on page 2).

TLC @ ICCTF

We are delighted to share that we sent several members of the TLC Team to the International Cancer and Cognition Task Force Conference this past January in San Diego, CA to share what we have learned from all of you in the TLC study. The results got a lot of attention from researchers from all over the world! Thank you for making this possible.



Winter Soup Recipe

Here's a recipe from *Once Upon a Chef* for a winter classic:
Potato and Leek Soup!

INGREDIENTS

3 tablespoons unsalted butter
4 large leeks, white and light green parts only, roughly chopped (about 5 cups)
3 cloves garlic, peeled and smashed
2 pounds Yukon Gold potatoes, peeled and roughly chopped into ½-inch pieces
7 cups chicken or vegetable broth
2 bay leaves
3 sprigs fresh thyme
1 teaspoon salt
¼ teaspoon ground black pepper
1 cup heavy cream
Chives, finely chopped, for serving

INSTRUCTIONS

Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.

Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.

Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.