



Marnie, a Calgary-based participant in the Tomorrow Project, talks to us openly about her experiences in the Tomorrow Project Study. Marnie originally joined the study in 2004 but after the Tomorrow Project in Alberta joined the national Pan-Canadian Study in 2008, Marnie re-enlisted in June of 2009.

- 1. Why did you join the Tomorrow Project?** It seemed like a very interesting project. If they can find out something about what I'm doing or NOT doing that could potentially prevent cancer, then why not? My father and maternal grandmother died of cancer and my mother died of Alzheimer's. It really makes you stop and think.
- 2. What was your experience as a Tomorrow Project participant like?** When I visited the Study Centre, they asked questions like where I lived and for how long, and about my family history and background. My experience at the study was great and I really think it is a worthwhile thing to do.
- 3. How did you find the process?** Easy. I went down to the Holy Cross Study Centre here in Calgary and was really impressed with how precise their measurements were. For example, I know I'm short (she laughs) and I always said I was 5' tall but I'm exactly 4' 11 ¼" tall. They did a bone density test and did some blood work too. Pretty simple stuff.
- 4. Would you recommend that others sign up?** Yes. I have recommended this to others but I'm interested to know why they don't want to do it. I think now that the study has changed since 2008, the process will be better. I hope everyone understands the importance of this study.
- 5. What do you enjoy doing when you aren't keeping busy at work?** I love to garden – it is beautiful and I love to show it off – I like to read, do cross word puzzles and play bridge.
- 6. Tell us a favourite food you love.** I love potatoes! If researchers find out potatoes cause cancer, then I'm in a lot of trouble! (she laughs again)
- 7. Tell us something unique about yourself?** I was interviewed on TV last year and was in the National Post for the Tomorrow Project!