

RESEARCH ARTICLES

- 567** Proteomic Analysis of Plasma Reveals Fat Mass Influences Cancer-Related Pathways in Healthy Humans Fed Controlled Diets Differing in Glycemic Load
 Carly B. Garrison, Yuzheng Zhang, Sandi L. Navarro, Timothy W. Randolph, Meredith A.J. Hullar, Mario Kratz, Marian L. Neuhouser, Daniel Raftery, Paul D. Lampe, and Johanna W. Lampe
- 579** Prostate Stem Cell Antigen Gene Polymorphism Is Associated with *H. pylori*-related Promoter DNA Methylation in Nonneoplastic Gastric Epithelium
 Tomomitsu Tahara, Sayumi Tahara, Noriyuki Horiguchi, Takema Kato, Yasuko Shinkai, Masaaki Okubo, Tsuyoshi Terada, Dai Yoshida, Kohei Funasaka, Mitsuo Nagasaka, Yoshihito Nakagawa, Hiroki Kurahashi, Tomoyuki Shibata, Tetsuya Tsukamoto, and Naoki Ohmiya
- 585** Upregulation of miR-130b Contributes to Risk of Poor Prognosis and Racial Disparity in African-American Prostate Cancer
 Yutaka Hashimoto, Marisa Shiina, Pritha Dasgupta, Priyanka Kulkarni, Taku Kato, Ryan K. Wong, Yuichiro Tanaka, Varahram Shahryari, Shigekatsu Maekawa, Soichiro Yamamura, Sharanjot Saini, Guoren Deng, Z. Laura Tabatabai, Shahana Majid, and Rajvir Dahiya
- 599** Outcome of Pancreatic Cancer Surveillance Among High-Risk Individuals Tested for Germline Mutations in *BRCA1* and *BRCA2*
 Amethyst Saldia, Sara H. Olson, Pamela Nunes, Xiaolin Liang, Marguerite L. Samson, Erin Salo-Mullen, Vanessa Marcell, Zsofia K. Stadler, Peter J. Allen, Kenneth Offit, and Robert C. Kurtz
- 609** Uptake of Cervical Cancer Screening in Ethiopia by Self-Sampling HPV DNA Compared to Visual Inspection with Acetic Acid: A Cluster Randomized Trial
 Muluken Gizaw, Brhanu Teka, Friederike Ruddies, Tamrat Abebe, Andreas M. Kaufmann, Alemayehu Worku, Andreas Wienke, Ahmedin Jemal, Adamu Addissie, and Eva Johanna Kantelhardt
- 617** Colonoscopy and Sigmoidoscopy Use among the Average-Risk Population for Colorectal Cancer: A Systematic Review and Trend Analysis
 Rafael Cardoso, Tobias Niedermaier, Chen Chen, Michael Hoffmeister, and Hermann Brenner
- 631** A Randomized Controlled Trial Testing Provision of Fecal and Blood Test Options on Participation for Colorectal Cancer Screening
 Erin L. Symonds, Donna Hughes, Ingrid Flight, Richard Woodman, Gang Chen, Julie Ratcliffe, Susanne K. Pedersen, Robert J.L. Fraser, Carlene J. Wilson, and Graeme P. Young

Table of Contents

ABOUT THE COVER

Diets high in glycemic load (GL) are associated with increased risk for several cancers. In a randomized crossover-controlled feeding trial (see the study beginning on page 567), Garrison and colleagues measured plasma proteins collected at baseline and end of 28-day consumption of the controlled high and low GL diets, using microarrays populated with 3504 antibodies. The authors demonstrate measurable proteomic differences caused by diets in plasma of healthy individuals, and those differences are more robustly detected after stratifying participants by high and low fat mass as determined by dual X-ray absorptiometry. Pathway analysis shows that certain cancer-related pathways (DNA repair, DNA replication, and cell cycle) altered by diet are overrepresented in participants with high fat mass, whereas pathways involved in post-translational protein modification are overrepresented in participants regardless of their fat mass. The results suggest that physiological impact by consumption of diets in differing GL is variable depending on an individual's adiposity. More studies are warranted to test dietary recommendations related to cancer prevention tailored with the additional consideration of fat mass. The cover image depicts a food wheel with different levels of glycemic index, on the background of an image of microarrays, the technology used in this study.



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