

OHS Research Bulletin

New ASE and healthy aging research, and new blood samples coming in 2024

Hello friend of the Ontario Health Study,

I'm sharing a few quick updates and opportunities from the OHS:

- Join a **December 6 webinar** to hear how allele-specific expression (ASE) may contribute to healthy aging, disease progression and treatment outcomes. Dr. Michelle Harwood has been studying what drives ASE, both at a molecular and a population level, using genetic data from the Ontario Health Study and its sister study in Quebec, CARTaGENE. "Our research reveals ASE as a potential disease biomarker and potential mechanism associated with age-related chronic diseases," says Dr Harwood. [Learn more and register.](#)
- **Why should you choose the OHS for your next research project?** Because we might have the kind of data and biosamples you need, all ready to go.

What does the OHS have available?



~225,000 participants, of which >181,600 are part of CanPath



>188,000 participants linked with administrative databases



>40,000 non-fasting blood samples (plasma, serum, RBC, buffy coat)



>12,800 physical assessments



~12,600 urine samples



~3,100 MRIs, cognitive assessments



~22,000 participants genotyped



>23,600 participants diagnosed with cancer



Ongoing data and biospecimen collection



[See what data are available.](#) If you need a Letter of Support or have questions about accessing OHS data or biospecimens, please contact access@ontariohealthstudy.ca

In other OHS news:

- The OHS will be collecting a second blood sample from up to 3,000 OHS participants in 2024. We will let you know as soon as they are ready for use by researchers. [Learn more.](#)
- Research published in the journal [Cancer](#) found no association found between depression and anxiety and many common cancers. Using information from cancer registries, this meta-analysis looked at data collected from more than 300,000 adults (Including ~14,000 OHS participants) to explore the relationship between specific psychosocial factors and a cancer diagnosis.

Thank you for allowing the OHS to contact you. If you would no longer like to receive these, please reply to let us know.

Regards,
Kelly McDonald
Senior Program Manager
Ontario Health Study

P.S. Do you know someone who would be interested in the work of the OHS? Share our [sign-up form](#) so they can receive this occasional email.



OHS call centre

Hours: Monday to Friday, 9 a.m. to 5 p.m.

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