

FORTE STUDY NEWSLETTER

KAISER PERMANENTE NORTHERN CALIFORNIA

March 2026

fortestudy.kaiserpermanente.org

WHAT IS THE FORTE STUDY?

FORTE is a colorectal cancer prevention study looking to determine how often participants who have had 1-2 benign polyps removed from their colon should have repeat monitoring colonoscopies.

Learn more at: <https://www.nrgoncology.org/FORTE>

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is the second most deadly cancer in the US but it is highly preventable with colon cancer screenings, including colonoscopies.

Colon cancer screenings help detect early warning signs of cancer while preventing its development and catch cancer in its early stages when it is much easier to treat.



COLORECTAL CANCER SCREENING SAVES LIVES !!

UPDATES IN THIS NEWSLETTER

- COLORECTAL CANCER AWARENESS MONTH
- COLONOSCOPY FAQs
- FORTE UPDATES
 - RECRUITMENT PROGRESS
 - STUDY REMINDERS
 - STAFF SPOTLIGHT



WANT TO LEARN MORE ABOUT THE FORTE STUDY?

Meet two of our head researchers!

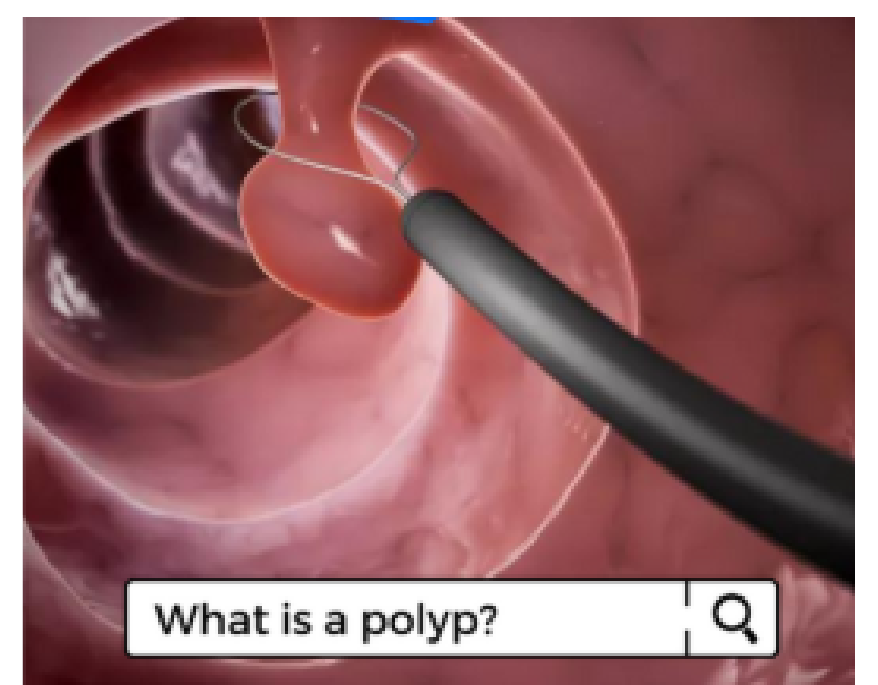


COLONOSCOPY FAQs

WHAT IS COLORECTAL CANCER?

Colorectal cancer is a disease in which cells in the lining of the colon or rectum develop into cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. You might also hear it called colon cancer or rectal cancer.

You are doing your part to help fight colon cancer by getting your colonoscopy, and by participating in preventative care research that will also help others.



WHAT ARE POLYPS?

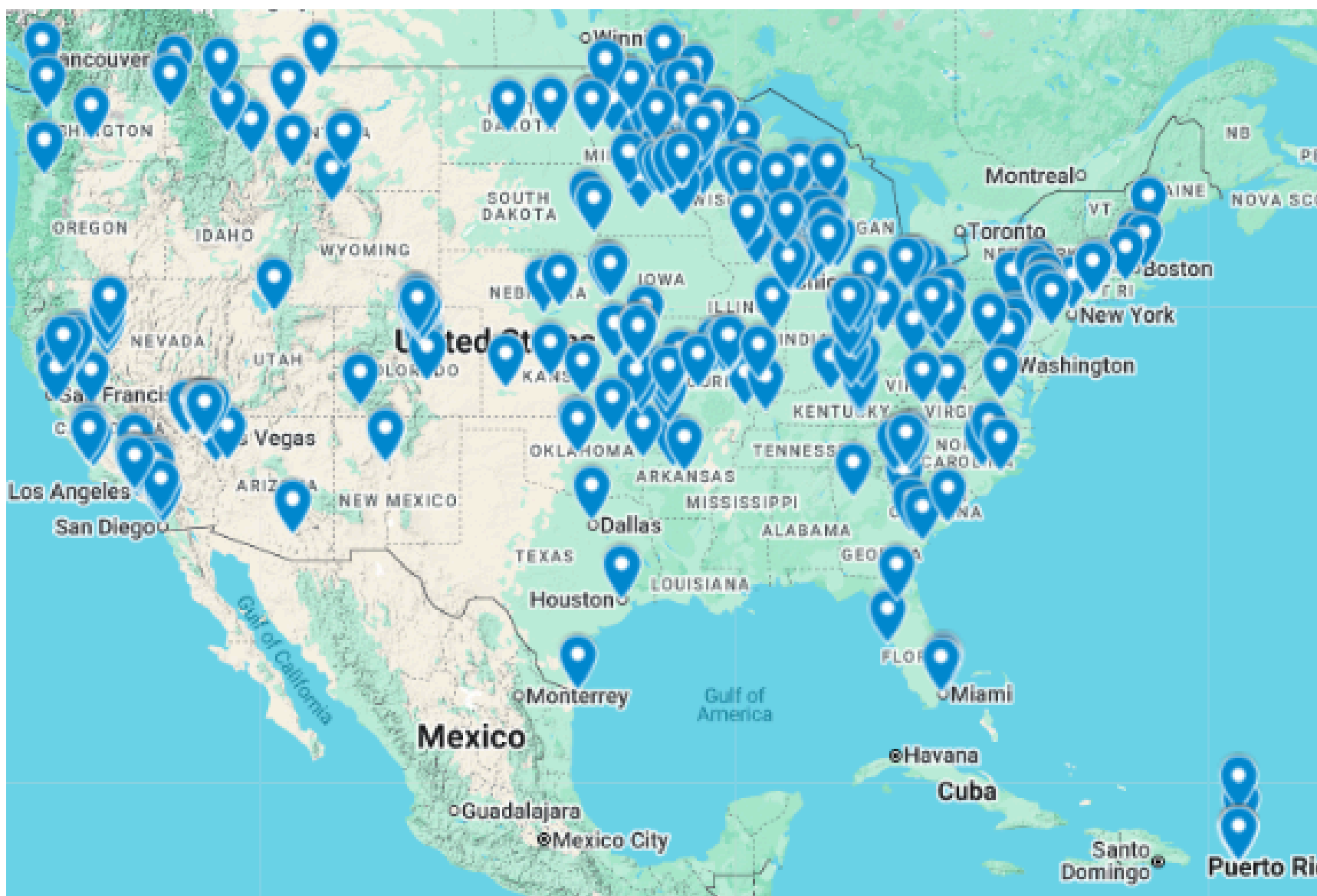
Polyps are benign growths involving the lining of the bowel.

They can occur throughout the gastrointestinal tract but are most common in the colon. They vary in size from less than a quarter of an inch to several inches in diameter. People can have multiple polyps scattered throughout their colon.

Some polyps can contain cancer, although the vast majority of polyps do not. Larger polyps are more likely to become cancerous than smaller ones.

FORTE UPDATES

FIGURE 1. FORTE RECRUITMENT SITES*



*Plus Hawaii and Alaska



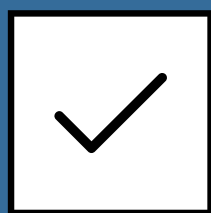
RECRUITMENT PROGRESS

FORTE is a nationwide study. The Kaiser Permanente Northern California (KPNC) Forte Study Center launched recruitment in May 2022 and is the #1 recruiter. (You could say that this is our forte..)

We continue to actively recruit. As of DATE, there are XXXX active participants here in northern California...
THANK YOU!

STUDY REMINDERS

Have you...?



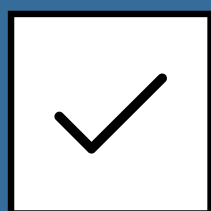
Returned the stool kits that were mailed to you (after you were enrolled and after 2 years)?



Completed your one-time blood draw?



Completed your one-time quality of life survey with Vision Tree (a link was emailed to you at enrollment)?



Scheduled your colonoscopy with your primary care provider if you were assigned to the 5-year group?

STUDY STAFF SPOTLIGHT

Meet Mayra Jacinto-Mann! Mayra is a recruiter for the FORTE study. You might have already spoken with her. Mayra does an excellent job of providing answers to questions about the FORTE study and supporting our participants. She has been with the FORTE study for almost two years and is an essential part of our team! Thank you, Mayra!



CHANGING HEALTHCARE PROVIDERS?

If you leave Kaiser Permanente you can still be a part of the FORTE study!

Please let us know who your new healthcare provider is by sending us an email at fortekpnc@kp.org. You will need to let your new healthcare provider know that you are a part of the FORTE study and when your next colonoscopy should be scheduled. Please reach out if you have any questions or need supporting documentation.

CONTACT US

Have any questions or concerns? Reach out to our study team at FORTEkpnc@kp.org or call us at (925) 520-1275. We are located at 4480 Hacienda Drive Pleasanton, CA 94588.

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