Cancer Prevention

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Introduction

• Efficacious cancer prevention behaviors, if fully implemented in 3 areas, for example, could save up to 318,500 lives per year [BRP Report, 2016]
• Why are these gains not being realized today?
• We fail to translate what we know in practice into everyday life:
  • The population in general
  • Health care practice

Cancer Prevention

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Introduction

• Why?
  • Main reason patients stop or start doing positive health behaviors – “My doctor told me to...”
  • Have we given health care professionals the tools to help them implement cancer prevention behaviors?
Overview

- Prevention Strategies
  - Overview of topic
  - What we know
  - Message in-practice

Overview

- Early Detection
  - Review the recommendations for approved screening tests
    - Breast, cervical, colorectal and lung cancer
    - No consensus in screening the average risk patient
    - Prostate, ovarian, pancreas
    - Skin, testicular
    - How to facilitate uptake in practice

Prevention

- Tobacco Use
  - Smoking causes over 480,000 deaths from all causes in the US each year.
  - One out of every 3 cancer deaths are due to smoking.
  - Cancers linked to smoking:
    - Bladder, blood (AML), cervix, colorectal, esophagus, kidney and ureter, larynx, liver, oropharynx, pancreas, stomach, trachea, bronchus, and lung
    - Survivors who continue to smoke have worse outcomes.

Prevention

- Benefits of quitting:
  - Risks for cancers of the mouth, throat, esophagus, and bladder drop by half within 5 years.
  - Ten years after quit smoking, risk for lung cancer drops by half.

Prevention

Types of Tobacco Use

- Cigarettes
  - Design changes over the years
- Smokeless
  - Chew and snuff
- Hookah
  - Used in a water pipe to smoke flavored tobacco

Prevention

Types of Tobacco Use

- Cigars
  - Risk for lip cancer
- Electronic cigarettes
  - Safety not established
  - May be pathway to cigarettes or way to stop

There is no risk-free level of exposure to tobacco smoke, and there is no safe tobacco product. USDHHS, 2010

Smoking Prevalence in the US, by State

CDC, BRFSS, 2015
Who Smokes?

What can you do in practice to assist patients to quit smoking?

• Assisting with Tobacco Cessation
  • Health care providers can:
    • Ask their patients if they use tobacco; if they do - Advise them to stop; Assess willingness to make quit attempt; Assist them to quit; Arrange for follow-up.
    • Refer patients interested in quitting to 1-800-QUIT-NOW, www.smokefree.gov, or other resources.
    • Advise all patients to make their homes and vehicles 100% smoke-free.
    • Advise nonsmokers to avoid secondhand smoke exposure and not to start smoking.

50% of adults who continue to smoke will die from smoking-related causes.

AHRQ, 2008; CDC, Vital Signs, April 2011
**Prevention**

- Obesity/Diet/Exercise
  - Two in 3 US adults weigh more than recommended
  - Concern for children (stable at 17%)
  - Over 630,000 people in the US are diagnosed with a cancer associated with obesity:

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**Prevalence of Self-Reported Obesity among U.S. Adults by State and Territory, BRFSS, 2016**

**Prevention – Obesity**

- Healthcare providers can:
  - Measure patients' weight, height; counsel them on keeping a healthy weight and its role in cancer prevention.
  - Refer patients with obesity to intensive programs that include a variety of activities to help people manage their weight.
  - Connect patients and families with community services to help them have easier access to healthy food and ways to be active.
**Prevention – Obesity**

- Message to Patients:
  - Eat a healthy diet by following the 2015-2020 Dietary Guidelines for Americans.
  - Do at least 150 minutes of moderate intensity physical activity, such as brisk walking, every week.

**Prevention – Vaccines**

- **HBV**
  - Not only reduces infection but prevents liver cancer
  - At-risk for non-vaccination in infancy:
    - Immigrants: Asia, Pacific Islands and Africa
    - CDC recommends anyone born in areas where hepatitis B is common, or whose parents were born in these regions, get tested for hepatitis B

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**Prevention – Vaccines**

- **HPV**
  - HPV – most common STD; nearly all sexually active people will have HPV infection at least once
  - Persistent infection with high risk strains can cause 6 types of cancers: cervix, vulva, vagina, penis, anus, and oropharyngeal.
  - HPV vaccine is safe and effective in preventing genital warts and cervical cancer.

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**EFFECTIVE: HPV Vaccine**

Within 6 Years of Vaccine Introduction:
Prevalence of HPV Declined 64% among Females

14-19 year olds

(HPV4 vaccine, types 6, 11, 16, 18)

- **11.5%**
- **4.3%**

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http://dx.doi.org/10.3201/eid2013.130883
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Vaccine effectiveness of at least 1 dose of HPV4.

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**HPV Vaccination Schedule**

CDC Recommendation October 2016:
A 2-dose schedule is now approved for children aged 9-14

NEW

Bundle vaccine with other age-appropriate vaccines at age 11-12 well-child visit
- Return for 6 month booster
- Complete series by age 13

Facilitate "Late" vaccination for 13-26 year olds;
- Teens and young adults age 15 and older need 3 doses

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Use 9-valent vaccine

HPV Vaccine Uptake: US

However:
- 3 shots Girls: 42%
- 3 shots Boys: 39%

National Tdap rates: 86%
The HPV Vaccination has Fallen Short of Target Levels Due to:

- Misinformation, negative beliefs, and attitudes
- Lack of strong recommendation from health care providers
- Fear of side effects, overall safety
Multi-Level Strategies

In addition to vaccination providers can:

- Screen at-risk patients:
  - HBV
    - Immigrants from at-risk countries
    - Those with alcohol use issues
    - History of liver diseases, e.g. cirrhosis
  - HCV
    - People born from 1945 to 1965 are five times more likely to have hepatitis C than other age groups
    - Those who share needles for drug use
    - Once diagnosed, most persons with hepatitis C can be cured in just 8 to 12 weeks, reducing liver cancer risk by 75%

Sun Safe Behaviors

- Skin cancer is the most common cancer in the US
- Skin cancer rates, including melanoma, are increasing
- Risk factors, such as inadequate sun protection and intentional tanning behaviors are still problematic
- Surgeon General’s Report, 2014
- Policy and community actions
  - Indoor tanning legislation
  - Sun safety programs:
    - Sunburn
    - Vitamin D
- Sunburn
- Vitamin D

What can clinicians do?

- Counsel patients on using sun protection and avoiding intentional tanning in accordance with U.S. Preventive Services Task Force recommendations.
- Increase awareness of and adherence to melanoma reporting requirements among providers, especially those in private practice.
- Remain alert to suspicious skin lesions when examining patients.
Alcohol

- Excessive alcohol use leads to about 88,000 deaths in the US annually.
- Excessive alcohol use is not equal to dependence
- Binge drinking (women: at least 4 drinks on one occasion; men: at least 5 drinks on one occasion)
- Heavy drinking: (women: 8 or more drinks/week; men: 15 or more drinks/week)
- Any alcohol use by pregnant women
- Any alcohol use under age 21

Prevention

Related to cancer:
- Breast, mouth and throat, liver, colon

Moderation:
- Women: up to 1 drink/day
- Men: up to 2 drinks/day

Prevention – Alcohol

For those 18 and older:
- The USPSTF recommends that clinicians screen adults aged 18 years or older for alcohol misuse and provide persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce alcohol misuse [USPSTF, 2013]

Other Resources:
- ASSIST - Brief interview about alcohol, tobacco products and other drugs
- AUDIT - Alcohol Use Disorders Identification Test for Adolescents
- CAGE - Alcohol Screening Instrument
- T-ACE - 4-item Alcohol Screener for Pregnant Women
Screening

- Breast Cancer
  - Most common cancer diagnosed in women in the US
  - Risk factors: genetic; family history; reproductive factors; obesity; alcohol; HRT; previous RT to chest
- Screening guidelines: USPSTF, 2016

| Women aged 50 to 74 years | The USPSTF recommends biennial screening mammography for women aged 50 to 74 years. |

Providers should:
- Take a history of women to determine risk
  - Family and personal history; alcohol use; HRT use
- High risk women:
  - Referred for genetic counseling and testing
  - Prevention strategies: chemoprevention, MRI, etc
  - Start screening earlier
Providers should:

- Average risk women:
  - Discuss mammography between ages 40-49
  - Biannual screening (conventional digital mammography) starting at age 50 to age 75
- Assure prompt and quality follow-up for abnormalities
- Ensure regular screening and assess and address barriers

Cervical Cancer

- Worldwide cervical cancer is the most common cancer


Cervical Cancer: Screening Process

- Cervical cytology (1940’s) followed by link to HPV infection (1983)
- Cervical cytology and HPV testing
  - Recommendations – March 2012
    - Women 21 to 65 (Pap smear) or 30-65 (in combo with HPV testing)
    - The USPSTF recommends screening for cervical cancer in women age 21 to 65 years with cytology (Pap smear) every 3 years or, for women age 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years.
Cervical Cancer: Screening Process
- Cervical cytology and HPV testing
  - Updated Recommendations: Under Review
- Process: Includes follow-up of abnormalities
  -Low in many settings and disparities seen by race, income, and residence

Cervical Cancer Cytology Testing
- US Target: 93% (Healthy People 2020)
- Overall: 83%
  - 10-year trends have seen a 3.3% decline
- Disparities:
  - Age, race/ethnicity, non-English-speaking, low income/education, rural women
  - LGBTQ populations

Cervical Cancer Cytology Testing
- What can providers do to increase uptake?
  - Recall and reminder systems
  - Schedule and perform screening
  - Share results and ensure follow-up
  - Resolve barriers

Screening
- Colorectal Cancer (CRC)
  - Third most commonly diagnosed cancer among men and women in the US
  - Leading GI cause of death; several counties in southern Ohio are part of 3 “hotspots” for high CRC deaths
  - Risk factors: family history, hereditary syndrome, DM, obesity, diet, smoking, physical inactivity, IBD, alcohol

Dr. Gray patient image
Colorectal Cancer Mortality Rates in US, by State, BRFSS 2014

*Rates are per 100,000 and are age-adjusted to the 2000 U.S. standard population.

Screening

• USPSTF 2016, Guideline Recommendations*
  • Stool-based tests
    • High-sensitivity gFOBT, annually OR
    • FIT, annually, OR
    • FIT-DNA, every 3 years
  • Direct visualization tests
    • Flexible sigmoidoscopy, every 5 years OR
    • CT Colonography, every 5 years OR
    • Colonoscopy, every 10 years

*Patient choice matters in uptake and adherence to screening!

Screening

• Providers should:
  • Take a thorough family and personal history
  • Assess and address barriers to screening
  • Offer options when discussing screening strategies
  • High risk men and women:
    • Start screening earlier
    • Refer for genetic counseling and testing
Screening

- Providers should:
  - Average risk men and women:
    - Initiate screening at age 50 (45 among African Americans)
  - Assure follow-up for abnormalities on stool-based testing
  - Ensure regular screening

Lung Cancer

- Leading cause of cancer death; more people die than from colon, breast and prostate cancer combined
- Risk factors: tobacco smoke, radon, asbestos, family history, previous radiation to chest; air pollution

Screening

- USPSTF 2013, Guideline Recommendations
  - Annual screening with low-dose CT scan (LDCT) in adults who meet all of the following criteria:
    - 55-80 years of age
    - 30 pack year smoking history
    - Currently smoke or have smoked within the past 15 years
### Screening

- Providers should:
  - Take a personal smoking and family history
  - Schedule annual LDCT in at-risk adults
  - Assess and address barriers to screening
  - Discontinue screening once an individual is smoke-free for 15 years OR develops health problem that limits life expectancy or ability to have curative surgery

### Conclusions

- Cancer prevention is a team-effort: patient & provider(s)
- One of the most significant predictors for screening test uptake and adherence is provider recommendation
- Vaccinations are an integral part of cancer prevention strategies
- Behavior change and cancer screening saves lives

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**Thank You**

To learn more about Ohio State’s cancer program, please visit cancer.osu.edu or follow us in social media: