

Cancer Prevention: Lost in Transition

Do you know where your keys are right now?
Have you ever missed a hair appointment? Miss
your Tee time because you lost track of time?
Sometimes we lose track of things. We all do!

Some things we lose track of make a very small
impact on our lives. There are other things that
can be detrimental if we lose track of them.
Need an example? An example of a minimal
impact lost sight would be missing your tee time

with your best friend. An example of a detrimental lost sight would be missing your tee
time with your boss and “the biggest potential client in the history of your company.”

Losing sight of cancer prevention screenings falls into the latter, and in this month's
spotlight, we are going to tell you why. Review the spotlight to learn more and
complete the monthly quiz for a chance to win a \$25 gift card.

Early Detection Saves Lives

When the COVID-19 pandemic unfolded and stay at home orders hit, several medical
professionals ceased all elective procedures, and routine care. Annual preventive
exams were cancelled. Mammograms and non-emergent colonoscopies were not
being scheduled. But, cancer does not yield to a pandemic. And now that medical
offices have transitioned back to doing routine exams and preventive screenings, it is
time to get back on track. And, here is why: early detection saves lives.



Early diagnosis of cancer focuses on detecting symptomatic patients as early as possible, so they have the best chance for successful treatment. When cancer care is delayed or inaccessible there is a lower chance of survival, greater problems associated with treatment, and higher costs of care. Cancer strikes about one in three women and one in two men in the U.S., and more than 560,000 die from it each year.

Early Detection has Proven Value

- Since 1950, there has been a 70% decline in cervical-cancer incidence and deaths in developed countries thanks to a simple screening test, the Pap test.
- Colon cancer, caught early, has a 91% 5-year survival rate vs. an only 11% survival rate if it is caught late and has spread to other organs.
- Among the 15% of ovarian cancer cases diagnosed early when cancer is confined to the ovary, over 90% survive five years. Unfortunately, for the nearly two-thirds diagnosed after it has spread, only 28% survive that long.
- Lung cancer is a major global killer, and most cases of newly diagnosed lung cancer patients have either never smoked or have quit smoking. Over half of new patients are diagnosed after the cancer has spread and only 4% of them will live for 5 years!
- Early detection is key in breast and prostate cancers. Five-year survival for breast- and prostate-cancer patients with early-stage disease is 98% and 100%, respectively, and survival rates remain high at 10 years.
- For nearly all types of cancer, the 5-year relative survival is substantially lower if disease is caught at an advanced stage.
- The financial costs of cancer treatment can be an additional burden to people diagnosed with cancer, their families and society. Cancer treatment accounted for a staggering \$93 billion in the U.S. in 2008.
- In addition to saving lives, prevention and early detection have the potential to reduce that financial burden through the reduction of treatment costs.

The Difference Between Screening and Diagnosing

A cancer screening is performed as a regular check for disease even in the absence of obvious signs or symptoms. This may include an annual pelvic exam, a mammogram,

chest X-ray or a five- or 10-year colonoscopy. Some screenings, such as a pelvic exam or a digital rectal exam, may be part of a regular annual physical. Regular screenings may also be recommended if you have certain risk factors—if you smoke, have a personal or family history of disease, or are of a certain age or demographic, for example.

A diagnostic examination for cancer is performed when symptoms, such as bleeding, a lump and/or pain, or other reasons raise suspicions that cancer is the cause. These diagnostics are often conducted as a follow-up to a screening procedure that may have found signs of cancer. For example, your dermatologist conducts a screening when examining you for suspicious moles, growths or other potential signs of skin cancer, but when removing a mole or growth to have it biopsied, the doctor is performing a diagnostic procedure. Some procedures, such as some blood tests and imaging exams, may be used for both screening and diagnostic purposes.

	Screening	Diagnostic
Why	<ul style="list-style-type: none"> Routine testing for patients without symptoms Further testing may be done if a screening finds a possible abnormality 	<ul style="list-style-type: none"> Testing to investigate symptoms or a possible abnormality found during a screening
Who	<ul style="list-style-type: none"> For patients without symptoms 	<ul style="list-style-type: none"> For patient with symptoms For patients whose screening showed a possible abnormality
When	<ul style="list-style-type: none"> Check with your physician and insurance company for eligibility factors based on age, gender, family history There may be requirements 	<ul style="list-style-type: none"> As soon as possible after a screening shows an abnormality Screening may become diagnostic if abnormality found during the course of testing
Referral	<ul style="list-style-type: none"> May require a referral from a physician Check with your insurance company 	<ul style="list-style-type: none"> May require a referral from a physician Check with your insurance company
Cost	<ul style="list-style-type: none"> Copays typically do not apply Check with your insurance company to determine which screening tests are covered and how often 	<ul style="list-style-type: none"> Copays or other out of pocket costs may apply Check with your insurance company to determine which diagnostic tests are covered and requirements

Are Preventive Screenings the Only Thing I Can Do to be Proactive in Mitigating Cancer?

No. You can actually be proactive in preventing cancer. Scientists at the Harvard School of Public Health estimate that up to 75% of American cancer deaths can be prevented. The 10 commandments of cancer prevention are:

1. Avoid tobacco in all its forms, including exposure to secondhand smoke. You don't have to be an international scientist to understand how you can try to protect yourself and your family.
2. Eat properly. Reduce your consumption of saturated fat and red meat, which may increase the risk of colon cancer and a more aggressive form of prostate cancer. Increase your consumption of fruits, vegetables, and whole grains.
3. Exercise regularly. Physical activity has been linked to a reduced risk of colon cancer. Exercise also appears to reduce a woman's risk of breast and possibly reproductive cancers. Exercise will help protect you even if you don't lose weight.
4. Stay lean. Obesity increases the risk of many forms of cancer. Calories count; if you need to slim down, take in fewer calories and burn more with exercise.
5. If you choose to drink, limit yourself to an average of one drink a day. Excess alcohol increases the risk of cancers of the mouth, larynx (voice box), esophagus (food pipe), liver, and colon; it also increases a woman's risk of breast cancer. Smoking further increases the risk of many alcohol-induced malignancies.
6. Avoid unnecessary exposure to radiation. Get medical imaging studies only when you need them. Check your home for residential radon, which increases the risk of lung cancer. Protect yourself from ultraviolet radiation in sunlight, which increases the risk of melanomas and other skin cancers. But don't worry about electromagnetic radiation from high-voltage power lines or radiofrequency radiation from microwaves and cell phones. They do not cause cancer.

7. Avoid exposure to industrial and environmental toxins such as asbestos fibers, benzene, aromatic amines, and polychlorinated biphenyls (PCBs).
8. Avoid infections that contribute to cancer, including hepatitis viruses, HIV, and the human papillomavirus. Many are transmitted sexually or through contaminated needles.
9. Make quality sleep a priority. Admittedly, the evidence linking sleep to cancer is not strong. But poor and insufficient sleep increases is associated with weight gain, which is a cancer risk factor.
10. Get enough vitamin D. Many experts now recommend 800 to 1,000 IU a day, a goal that's nearly impossible to attain without taking a supplement. Although protection is far from proven, evidence suggests that vitamin D may help reduce the risk of prostate cancer, colon cancer, and other malignancies. But don't count on other supplements.

JHMB Resources Available

The WellPATH Committee, a subcommittee to JHMB, provides a wide array of resources around wellness as a whole. Below is a list of resources you can check out on the JHMBHealthConnect website:

- Holistic Wellness Page: <http://www.jhmbhealthconnect.com/holistic-wellness>
- Chronic Disease Management Page: <http://www.jhmbhealthconnect.com/chronic-disease-management>
- FREE Wellness Screening Clinics: <http://www.jhmbhealthconnect.com/know-your-numbers>
 - If your results of this screening show you fall into a certain health risk category, WellPATH offers Personal Training and Behavior Modification
- Quarterly Wellness Challenges to help you get moving with exercise and address other holistic health metrics: <http://www.jhmbhealthconnect.com/wellness-challenges>

- Monthly communications highlighting different areas of health with articles, videos, and a healthy recipe, every month: <http://www.jhmbhealthconnect.com/wellpath>