



**Strang** Cancer Prevention Institute  
Dedicated to Promote Cure by Early Detection and Research to Prevent Cancer since 1933

# Prevention

National Cancer Prevention Month February 2020

## CANCER PREVENTION AWARENESS MONTH

**Preventing More Than One Cancer** During the rest of the year, this newsletter focuses on individual cancers. In National Cancer Prevention Month, we take the opportunity to discuss interventions to reduce multiple cancers.

**HPV vaccination: Chronic HPV infection causes cervical, anal and head and neck cancer, so HPV vaccination can eliminate the majority of cervical and anal cancers and many head and neck cancers.** The **WHO Director-General's call to action to eliminate cervical cancer** examined vaccination and screening strategies. Models found that girls-only HPV vaccination would reduce cervical cancer incidence in lower and middle income countries (LMICs) from 19.8 to 2.1 cases per 100 000 women-years in the next century, an 89.4% reduction and to avert 61.0 million cases. Adding screening twice reduced the incidence to 0.7 cases and averted 12.1 million more cases. **Girls-only vaccination and twice-lifetime screening eliminated cervical cancer** in all LMIC countries, assuming long-term vaccination protection.<sup>1</sup>

**Screening Trends:** Slight declines in screening prevalence from 2000 to 2015 for cervical cancer (-4.3%) and mammograms (3.0%), but colorectal cancer screening was up 28.5% for both men and women, according to the National Health Interview Survey (NHIS). However, the prevalence up-to-date screening was less than Healthy People 2020 targets with prevalence rates of 81%, 72% and 63%, respectively. PSA prostate cancer screening remained low at 35%<sup>2</sup>

**Smoking Cessation and Vaping:** Vaping has **potential for reducing “combustible” cigarette-associated cancers as a less toxic nicotine vehicle and a tool for smoking cessation.** A study of 2896 e-cigarette and combustible cigarette users found those who **vape frequently and have positive e-cigarette expectations predict smoking cessation, but vaping enthusiasm (measured by e-cigarette modifications, flavors and puffs per use), higher nicotine content and tobacco flavors reduce it.**<sup>3</sup> Legal action to reduce vaping flavors, particularly those aimed at underaged smokers, may increase the net benefit of vaping.

### THE STRANG SCREENING TRIAL

Strang Cancer Prevention Institute is completing a major research study about how to improve cancer screening. The randomized trial studied supports for primary care doctors at Mount Sinai West and Downtown guide their patients about screening, when to stop and how to decide about screening together, by having doctors and patients report immediately after the check-up. We are awaiting release of final data and will share our results in upcoming issues of [PREVENTION](#), the Strang newsletter.

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### REFERENCES

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# The Strang Cancer Prevention Cookbook

## Reduce your Risk for Cancer by Eating a Healthy Diet!

### Sautéed Spinach with Garlic

This cooking method can be applied to other leafy greens such as Swiss chard, escarole, broccoli rabe, and beet or turnip greens

- 1 1/4 pounds fresh spinach
- 1 tablespoon extra -virgin olive oil
- 4 garlic cloves, peeled, lightly crushed, and quartered lengthwise
- Pinch of hot red pepper flakes (optional)
- Salt and freshly ground black pepper



Remove the stems from the spinach and tear any large leaves into bite –size pieces.

Rinse thoroughly and drain.

Heat the olive oil in a large skillet. Add the garlic and red pepper flakes if using, and cook over medium heat until the garlic is light gold; don't let the garlic get too brown or it will be bitter.

Remove the garlic and set aside.

Reserve the oil in the skillet and increase the heat to medium high.

Add the spinach and season with salt and pepper to taste. Sauté, turning the spinach with tongs to cook evenly. When the spinach is just wilted and tender, 2 to 3 minutes, remove the skillet from the heat. Using a slotted spoon or tongs, lift the spinach from the skillet leaving behind excess liquid. Transfer to individual plates or a platter. Top with garlic and serve

Spinach is exceptionally high in beta –carotene (110 percent of the DV for Vitamin A per serving of this recipe) as well as other carotenoids, folate (more than 80% of the DV), vitamin C ( more than 80% of the DV) and minerals such as calcium, iron, magnesium, and potassium. It is also high in protein when compared to other vegetables. A good source of fiber.

Calories 82, protein 5 g, carbs 7 g, fat 4g, cholesterol 0 mg, dietary fiber 4 g, saturated fat 1 g

MAJOR SOURCES OF POTENTIAL CANCER FIGHTERS.

Phytochemicals: allium compounds, terpenes (carotenoids).

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THIS NEWSLETTER IS DEDICATED TO FRANCIS OSBORNE



February is National Cancer Prevention Month

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