



Strang Cancer Prevention Institute

Dedicated to Promoting Cure by Early Detection and Research to Prevent Cancer since 1933

Prevention

National Colon Cancer Prevention Month March 2022

COLON CANCER AWARENESS MONTH

COLORECTAL CANCER AWARENESS

Note to readers: Fear of COVID exposure sharply reduced medical visits and preventive care in 2020. We have added information about cancer prevention during the pandemic.

CANCER PREVENTION DURING COVID

Second generation **colon capsule endoscopy (CCE-2)** as **good as colonoscopy?** A **meta-analysis of 8 published trials of CCE-2 vs colonoscopy** that included **1602 patients** found **88%** of 6 mm polyps and adenomas (95% CI: 0.84-0.91). The only **missed lesion was visible** in multiple frames in the unblinded review. Results were almost identical for larger 10 mm lesions. Second generation capsule technology may be **an alternative to colonoscopy**.¹

SCREENING

Out-of-pocket (OOP) charges common for colonoscopy after noninvasive stool screening tests, despite HIPAA protections: A study examined **claims data for 80,951 patients** with commercial (74,235) or Medicare (6716) insurance who underwent noninvasive **stool-based tests (SBTs)**. Of these, **16% had colonoscopies** within 6 months. Almost half (**48%**) with **commercial insurance** and most (**78%**) with **Medicare** had OOP costs for colonoscopy. Average **OOP costs were \$99 to \$231**, depending on SBT, and **higher if a polyp was removed**. **OOP costs remain an important barrier** to colorectal screening.²

Fecal immunochemical test (FIT): the adherence problem: A prospective cohort study found that after a FIT test only **23% repeated the test the next year**, with **another 5% in year 3**.³

Alerts in patient portals increased FIT testing: Send an alert about FIT testing 2 weeks before kits arrived increased compliance from 32% to 38%. The alert described the test kits and requested their use.⁴

Screening rates improved from 2011 to 2019 but **suboptimal:** In a claims-based cohort study, patients up to date in colorectal cancer screening rose from **50% in 2011 to 70% in 2019**. After the **multitarget stool DNA (mt-sDNA) test** became available in 2016, its **use rose from 2% to 14%**. The target screening prevalence is 80%.⁵

SCREENING/PREVENTION

A single flexible sigmoidoscopy prevents colorectal cancer and reduces mortality (in men): Long-term (17 years) follow-up of the Italian Flexible Sigmoidoscopy Screening Trial found colorectal cancer reduced 19% and reduced colorectal mortality by 22% overall, but only in men (27%) vs. 10% in women.⁶

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The Strang Cancer Prevention Cookbook

Walnut-Raisin Bread

Reduce your Risk for Cancer by Eating a Healthy Diet!

2 Loaves

3 cups warm water
1 1/4-ounce envelope active dry yeast
4 cups whole wheat flour
1 tablespoon plus 1 teaspoon salt
1/4 cup honey
1/4 cup walnut oil
2 tablespoons olive oil
1 cup crushed walnuts
3/4 cup raisins
2 1/2 cups all-purpose flour



In a small bowl combine 1/2 cup of the water with the yeast. Stir lightly to combine and let sit for 5 minutes.

In a mixer or mixing bowl combine the whole wheat flour and salt. Make a small well in the center by pushing the flour to the sides. Pour the yeast, remaining water, honey and walnuts and olive oils into the center; mix. Add the walnuts, raisins and 1 cup of the all-purpose flour and mix. Add the remaining all-purpose flour 1/3 cup at a time, working the dough together; it should be moist and lightly sticky.

Place the dough on a work surface dusted lightly with flour and knead for 8 minutes until the dough is soft and elastic (add more flour only if the dough is very sticky).

Place the dough in a large, lightly greased bowl, cover tightly with plastic wrap, and let rise in a warm (but not hot) place until doubled in size, about 1 1/2 hours.

Punch down the dough and shape into 2 oval loaves. Line a baking sheet with parchment paper sprayed lightly with cooking spray. Place the loaves on the baking sheet and let it rise until almost doubled in size, about 40 minutes.

Preheat the oven to 375 F. Bake the loaves on the middle oven rack for 40 to 45 minutes, rotating the pan midway through baking; the bread should be browned lightly. Lift off the baking sheet; the loaves should sound hollow when tapped on the bottom.

Calories 161, Protein 5g, Carbohydrates 25g, Fat 5g, Cholesterol 0 mg, Dietary fiber 3g, Saturated fat 1g

Phytochemicals: phytic acids, plant polyphenols (phenolic acids), plant sterols, protease inhibitors

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