



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 2021

COLON CANCER AWARENESS MONTH

COLORECTAL CANCER AWARENESS

Note to Readers: Fear of COVID exposure sharply reduced medical visits and preventive care beginning in March 2020. We have added information about optimizing cancer prevention while minimizing COVID risk during the pandemic.

SCREENING

Distributing Fecal Immunochemical Test (FIT) kits by mail and at drive-by vaccination sites increases screening rates: A Philadelphia trial comparing **sending FIT kits unless the patient opted out** to a text reminder sharply increased screening compliance **from 2.6% to 19.6% in an underserved population**, almost entirely with FIT testing. While still too low, the intervention increased compliance **more than 7-fold**.¹

In a **Medical Center-Church Collaboration** in Philadelphia inspired by **Chadwick Boseman's** recent **colon cancer death**, FIT kits were offered at 3 **drive-by influenza vaccination sites**. Preliminary results presented at the American Association for Cancer Research (AACR) Annual Meeting found **over half (57%)** who attended were eligible for screening and **received a kit**, and **154 of 192 (80.3%) returned the test**. The mean age was 59 years and 94% identified as black.

Drive-through FluFIT sites vaccination and screening and mailed outreach may overcome reluctance to visit medical facilities because of COVID fears.

However, **colonoscopy delays after positive fecal testing is harmful**. Compared to patients who received colonoscopy within 3 months of an abnormal test, risk of **colorectal cancer (CRC) diagnosis** increased after 12 months, **late-stage CRC** after 15 months and **CRC mortality** after 24 months.²

Earlier Screening because of increasing early-onset CRC: CRC incidence has fallen for Americans over age 50, who have benefitted from screening, but **increased for those 20-54 years**. The incidence of CRC at 45 years approaches that of 50-year-olds in the past. The **US Preventive Services Task Force (USPSTF)** draft recommendations released in October 2020 **proposed starting screening at age 45**.

PREVENTION

Long-term use of aspirin or non-steroidal anti-inflammatory drugs (more than 15 times/month) in the Cancer Prevention Study-II Nutrition Cohort Study were **31% less likely to die of colorectal cancer**. Use of the drugs after cancer diagnosis was not beneficial.³ A meta-analysis confirmed that **smokers and ex-smokers were about 15% more likely to die from CRC** compared to non-smokers.⁴ **High cholesterol, obesity and high alcohol drinking** increase the risk of **early-onset colorectal cancer** by 50% or more.⁵

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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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