



Prevention

Lung Cancer Awareness Month November 2020

PREVENTING LUNG CANCER

Lung Cancer Prevention During COVID

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

Safely Delaying CT Lung Cancer Screening

Equal benefit from a longer interval. The population-based randomized Dutch–Belgian NELSON lung cancer screening trial found a **24% reduction in lung cancer mortality** at 10 years (**33% for women** in a small subgroup). The study **screening intervals increased** from 1 to 2-1/2 years with no reduction in the benefit, suggesting a **2-year interval is equally effective**.¹

Screening Priorities: A multidisciplinary expert panel unanimously agreed with **delaying first CT screens and annual follow-up scans** during COVID, along with follow-up of nodules 8 mm or less. A consensus ($\geq 70\%$) agreed with **follow-up delay for larger nodules** and **non- high-risk stage I lung cancers**.² A center that **followed similar priorities** found a **sharp decline during a pandemic surge but an encouraging recovery after**, especially of high priority scans. Recovery of screening CTs lagged diagnostic CTs, however, indicating persisting challenges to preventive care.³

LUNG CANCER SCREENING: Two trials (US and Dutch-Belgian) with 20%+ lung cancer mortality benefit, smokers/recent smokers 55-80 years.

Summary: Recent Randomized Trials of CT Screening for 3 to 4-1/2 years **reduced lung cancer deaths by 20-25%** in current or recent heavy or long-time smokers age 55-79. **Screening remains markedly underused**, especially by socioeconomically disadvantaged populations who benefit more. **Primary care providers may help their patients become aware** of CT screening, the **first step in shared decision making**.

The US National Lung Cancer Screening Trial (NLCT) annual screening x 3.⁴ The population-based randomized Dutch–Belgian NELSON lung cancer screening trial of progressively longer intervals up to 4-1/2 years found a **24% reduction** at 10 years with possibly more benefit (**33% for women**). The study **screening intervals increased** from 1 to 2-1/2 years with no reduction in the benefit, suggesting a **2-year interval is equally effective**.¹

LUNG CANCER PREVENTION

Smoking cessation remains **central** to prevention. **Comprehensive, center-wide approach** may improve results, with reinforcing efforts to identify smokers, train and alert clinicians, designate champions, address financial barriers, coordinate interventions and encourage research.⁵

Authors James A. Talcott MD, SM, Senior Scientist **Strang** Cancer Prevention Institute
Michael P. Osborne MD, MSurg, FRCS, FACS President **Strang** Cancer Prevention Institute

REFERENCES

1. de Koning HJ, van der Aalst CM, de Jong PA, Scholten ET, Nackaerts K, Heuvelmans MA, et al. Reduced lung-cancer mortality with volume CT screening in a randomized trial. *N Engl J Med* 2020;382:503-13.
2. Mazzone PJ, Gould MK, Arenberg DA, Chen AC, Choi HK, Detterbeck FC, et al. Management of lung nodules and lung cancer screening during the COVID-19 pandemic: CHEST expert panel report. *Chest* 2020;158:406-15.
3. Lang M, Yeung T, Shepard JO, Sharma A, Petranovic M, Flores EJ, et al. Operational challenges of a low-dose CT lung cancer screening program during the COVID-19 pandemic. *Chest* 2020.
4. National Lung Screening Trial Research T, Aberle DR, Adams AM, Berg CD, Black WC, Clapp JD, et al. Reduced lung-cancer mortality with low-dose computed tomographic screening. *N Engl J Med* 2011;365:395-409.
5. Presant CA, Salgia R, Kulkarni P, Tiep BL, Sanani S, Leach B, et al. Implementing lung cancer screening and prevention in academic centers, affiliated network offices and collaborating care sites. *J Clin Med* 2020;9.

The Strang Cancer Prevention Cookbook

Reduce your Risk for Cancer by Eating a Healthy Diet!

Citrus Cranberry Sauce * 10 Servings

3/4 pound fresh cranberries, 1/2 cup packed brown sugar,
1 cup fresh orange juice, grated zest of 1 orange and 1 lime



In a medium saucepan combine all the ingredients. Bring to a boil, then lower the heat to simmer. Cover and cook until the cranberries burst open, about 10 minutes. Let the sauce cool and refrigerate.

Calories 70, Protein 1g, Carbohydrates 17g, Fat 0g, Cholesterol 0 mg, Dietary fiber 2g Saturated fat 1g

Major sources of Potential Cancer fighters:

Phytochemicals: plant polyphenols (flavonoids, phenolic acids) plant sterols, terpenes (carotenoids, limonene).

Laura Pensiero, R.D., **Strang** Nutrition Consultant
Chef, Dietitian, Restaurateur, Author
Owner, Gigi Hudson Valley (Trattoria & Catering) Rhinebeck, New York



November is Lung Cancer Awareness Month

 **Strang** Cancer Prevention Institute

575 Madison Avenue 10th Floor
New York, NY 10022
Tel: (212) 501-2111 www.strang.org

Editor | Research Associate
Merle K. Barash MA AEd, MA Psya

© **Strang Cancer Prevention Institute**