



# Prevention

Lung Cancer Awareness Month November 2021

## PREVENTING LUNG CANCER

### Lung Cancer Prevention During COVID

**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.

#### Prevention: Cigarette Smoking up During COVID

**Cigarette Sales up during COVID:** Tobacco company reported **increased sales during COVID** epidemic. US Treasury Department data found **sales 14% higher**, with increases **persisting at least 16 months** since March 2020.<sup>1</sup>

**Screening: New USPSTF Guideline:** screen **age 50-80** if more than **20 pack-years**, **stop 15 years after quitting**

**LUNG CANCER SCREENING:** New **US Preventive Services Task Force guideline** expands **age range** and **decreases smoking history for annual low-dose CT screening**. The age range expanded to 50-80 years (from 55-80) and reduced required smoking history to **20 pack-years** (from 30). **Stopping rules: Stop** when smoking stopped for more than 15 years or a new health problem that limits life expectancy. The early parameters were adopted from the US National Lung Screening Trial (NLST).<sup>2</sup> The lower age range (50-75 years) and smoking history (3/4 pack/day for 25 years or 1/2 pack/day for 30 years) of the European NELSON trial<sup>3</sup> and CISNET modeling<sup>4</sup> suggested benefit with relaxed criteria.

**Summary:** Providers can encourage both CT screening and healthy behavioral changes (see below).

#### LUNG CANCER SCREENING

**Diagnostic CT scan may decrease subsequent screening:** Of about 6000 patients undergoing CT screening 41% continued screening after a diagnostic screening for a lung nodule, compared to 81% who had another screening CT.<sup>5</sup> Preparing patients for the stress of working up a lung nodule may help them continue screening.

#### LUNG CANCER PREVENTION

Smoking cessation **requires more encouragement during COVID: Health behaviors have deteriorated** during the pandemic. **Cigarette sales are another signal.**

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#### REFERENCES

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# 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).

Recipe by Laura Pensiero, R.D., **Strang** Nutrition Consultant  
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**November is Lung Cancer Awareness Month**

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