



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

Prevention

National Cancer Prevention Month February 2021

CANCER PREVENTION AWARENESS MONTH

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.

Preventing Cancers: Other Cancer Awareness newsletters focus on specific cancers, but in National Cancer Prevention Month, we discuss interventions to reduce multiple cancers.

Cancer Prevention During COVID

Cancer Opinions Survey: In a 5000-patient Harris poll in July-September 2020 sponsored by the American Society for Clinical Oncology (ASCO), a **quarter** (24%) of Americans **postponed a cancer screening test because of COVID**, **two-thirds** (66%) of the time the **patient made the decision** to postpone and **63% were worried** about being behind on their screenings. Still, **less than half** wore **sun block**, maintained a **healthy weight** or **limited alcohol** consumption.

Compared to recent surveys (2017 through 2019), Americans were **more aware** that **e-cigarettes*** (53% vs. 42%) and **alcohol** (34% vs. 30%) **increase cancer risk** and say they take cancer seriously and **incorporate cancer prevention** into their lives (27% vs. 24%). However, their **only cancer prevention** changes were **taking supplements** to reduce risk (50% vs. 44%) and are less concerned about getting cancer (57% vs. 54%), possibly because COVID worries took precedence.

*While e-cigarettes have much lower cancer risk than conventional (combustible) cigarettes, growing clinical and pre-clinical evidence indicates potential carcinogenic processes.¹

Full results are here: <https://www.asco.org/sites/new-www.asco.org/files/content-files/2020-ASCO-National-Cancer-Opinions-Survey-New-Findings.pdf>.

Physicians and internet both associated with some **cancer prevention behaviors**: Analysis of 6 years of the Health Information National Trends Survey (HINTS) found that patients who used **either providers or the internet as primary information sources** were more likely to **meet diet and colon cancer screening recommendations**, but no source led to meeting those for exercise or mammography.²

Is COVID a chance to rethink cancer prevention? Using cervical cancer as an example, COVID let options get fresh attention. Vaginal self-sampling for HPV, remote counseling about potentially invasive risk-based interventions based on results and piggy-backing HPV vaccination for COVID vaccine seekers look more attractive. Disruption brings opportunity.³

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2. Swoboda CM, Walker DM, Huerta T. Odds of meeting cancer prevention behavior recommendations by health information seeking behavior: A cross-sectional HINTS analysis. *J Cancer Educ* 2021;36:56-64.
3. Feldman S, Haas JS. How COVID may improve care: rethinking cervical cancer prevention. *J Natl Cancer Inst* 2020.

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

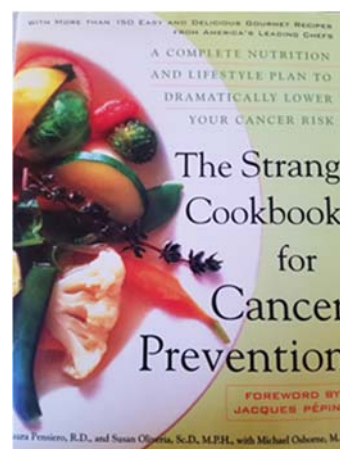
Spinach is exceptionally high in beta –carotene (110 percent of the DV for Vitamin A per serving of this recipe) as well as other carotenoids, folate (more than 80% of the DV), vitamin C (more than 80% of the DV) and minerals such as calcium, iron, magnesium, and potassium. It is also high in protein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