



Strang Cancer Prevention Institute

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

Prevention

National Cancer Prevention Month February 2025

CANCER PREVENTION AWARENESS MONTH

Note to readers: Innovation is essential to cancer prevention. New analytic, outreach and treatment approaches, including precision medicine techniques, such as genomic data, will continue to transform cancer prevention. Strang will continue to highlight novel approaches in cancer prevention.

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

Summary: About **80% of cancer deaths avoided** from **1975-2020** from the five most lethal cancers resulted from **cancer prevention and screening**, although it varies by cancer.¹ Not having transportation may interfere with cancer screening.² **Screening high-risk patients** for liver cancer may diagnose it early, allow curative treatment and prolong life.³ **Low-dose aspirin** may **prevent gastric (stomach) cancer** in patients with a **family history** of gastric cancer.⁴

CANCER SCREENING

Screening for hepatocellular carcinoma: Researchers studied patients with new hepatocellular (liver) cancer diagnoses in two large Dallas health systems, Parkland and UT (U of Texas) Southwestern. In a **case-control study** they compared cancer patients found by screening tests, a blood test or a liver MRI, or not. They found that **cancers found by screening** were **diagnosed earlier**, more often **got curative treatment** and **lived longer** (estimated 4-fold increase in 5-year survival from 8% to 32%). Screening that targets high-risk patients for liver cancer (because of **cirrhosis or hepatitis virus** infection) may allow curative treatment and prolong survival.³

Transportation insecurity may prevent cancer screening: Patients who had delayed medical treatment because of transportation problems were **41% less likely** to meet **mammography recommendations**. **Colorectal cancer (13%)** and **cervical cancer (27%)** were also affected. Transportation is another potential obstacle to screening.²

CANCER PREVENTION

Cancer prevention and screening avert most US cancer deaths: To understand **reductions in breast, cervical, colorectal, lung and prostate** cancer mortality from **1975-2020**, investigators used Cancer Intervention and Surveillance Modeling Network **models** with national data on risk factors, cancer incidence and survival, and non-cancer mortality, as well as the spread and effect of **prevention, screening, and treatment**. They estimated about **6 million cancer deaths** had been **averted**, with about **80% averted by prevention and screening**. Prevention (**smoking cessation**) prevented **98% of lung cancer deaths**, given limited treatment and screening, while removing pre-cancers averted **almost all cervical cancer deaths**. Screening averted **25% of breast cancer deaths**, and **screening and pre-cancer (polyp) removal** averted about **80% of colorectal cancer deaths**.¹

Low-dose aspirin may prevent gastric cancers and precancers: Participants in a gastric cancer screening study who had a **family history of gastric cancer** who took low-dose aspirin had **20% fewer gastric cancers and precancers (adenomas) after 5 years**. Precancers were lowered less (8%) in those without a family history, and cancers did not decrease. Low-dose aspirin appears to reduce gastric cancer risk for patients with a family history of gastric cancer and may help others by preventing precancers.⁴

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

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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).

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



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 **Strang** Cancer Prevention Institute

641 Lexington Avenue 15th Floor
New York, NY 10022
Tel: (212) 501-2111 www.strang.org

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