



Strang Cancer Prevention Institute

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

Prevention

Cervical Cancer Awareness Month January 2024

CERVICAL CANCER SCREENING AND PREVENTION

Note to readers: Innovation is essential to cancer prevention. Using genomic data and new analytic techniques to create precision medicine may also enable **precision prevention**. Strang will continue to highlight innovation in cancer prevention.

Summary: Parental hesitancy about HPV vaccination persists, reasons vary.¹ Direct-mailed self-sampling kits increased HPV screening.² Women with severe psychiatric or neurodevelopmental illness are screened less and are at greater risk of cervical cancer.³ The private insurance reimbursement for HPV vaccination is lower for family physicians and internists. Increasing it could increase vaccination rates.⁴

CERVICAL CANCER SCREENING

Mailing self-sampling kits to women improved HPV screening participation: In a randomized trial, women due or overdue for screening were offered usual care (patient and provider reminders), education (educational material plus usual care), or mailed self-sampling kits. Patients receiving self-sampling kits had 14%-17% higher screening rates.² Outreach appears to improve patient compliance.

Mental illness, cervical cancer and screening: In a Swedish population-based case-control study cervical cancer and high-grade precancers (CIN2+) were more than 2-fold higher and screening rates 5% lower in women with severe psychiatric or neurodevelopmental illness treated by specialists. Patients with substance abuse had 3.6-fold higher cervical cancer risk and 19% lower screening rates. Patients with autism and intellectual disability did not have increased cervical cancer rates but were much less likely to be screened (36% and 29% less likely, respectively). By contrast, patients with less severe illnesses treated by primary care doctors had 18% lower invasive cancer rates and slightly higher precancer (9%) and screening (2%) rates.³ Patients with severe psychiatric illness are at greater risk of cervical cancer and require greater efforts to screen.

CERVICAL CANCER PREVENTION (VACCINATION)

HPV vaccination increasing, but parental intention to vaccinate unvaccinated patients remains low ($\leq 45\%$). Using data from the 2011-2020 National Immunization Survey-Teen, investigators examined reasons for parental hesitancy to get their children vaccinated. "Safety concerns" increased in all groups, especially non-Hispanic whites, who were the most vaccine hesitant. For parents of unvaccinated black teens, "not necessary" was most common.¹ Health campaigns and clinicians should address HPV vaccine safety and necessity.

Increasing provider reimbursement may increase HPV vaccination rates: Adolescents with private insurance have lower HPV vaccination rates than those covered by public insurance. Private insurance cost reimbursement for vaccination varies. Investigators used individual patient insurance claims to determine the net reimbursement for HPV vaccination by provider specialty. Pediatricians had higher net reimbursement (\$5.08 per dose) than internal medicine (\$1.98) and family physicians (\$0.34). Higher reimbursement rates were associated with slightly higher vaccination rates.⁴

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The Strang Cancer Prevention Cookbook

Roasted Eggplant Dip

Reduce Your Risk for Cancer by Eating a Healthy Diet!

8 Servings

1 medium eggplant (about 1 1/4 pounds) halved lengthwise
1 tablespoon olive oil
2 garlic cloves peeled
1 medium potato (about 6 ounces), baked or microwaved and peeled
1/2 cup 1% cottage cheese or 2 ounces lite silken tofu
2 tablespoons tahini (toasted sesame paste)
1 teaspoon lemon juice
1 teaspoon cayenne pepper
2 teaspoons toasted sesame oil
salt



Preheat the oven to 350 degrees F

Brush the flesh of the halved eggplant with 1 teaspoon of the olive oil. Place on a non stick baking pan, cut side down, and roast for 20 to 30 minutes. Remove from the oven and let cool. Scoop the pulp from the skin of the eggplant and place in the bowl of a food processor. Add the roasted garlic and potato and puree. Then add the cottage cheese, tahini, lemon juice, and cayenne and puree again until smooth. With the motor running, drizzle in the sesame oil and remaining 2 teaspoons olive oil. Season to taste with salt and transfer to an attractive serving bowl.

Calories 110, protein 4g, carbs 15g, fat 4g, cholesterol 1mg, dietary fiber 2g, saturated fat 1g

MAJOR SOURCES OF POTENTIAL CANCER FIGHTERS

Phytochemicals: allium compounds, plant polyphenols, (flavonoids, phenolic acids), phytic acids, plant sterols, terpenes (monoterpenes)

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January is Cervical Cancer Awareness Month

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