

# American Cancer Society Cancer Control Update January / February 2020

## **Prevention & Early Detection Facts & Figures**

## Facts & Figures 2020 Reports Largest One-year Drop in Cancer Mortality



The death rate from cancer in the US declined by 29% from 1991 to 2017, including a 2.2% drop from 2016 to 2017, the largest single-year drop ever recorded, according to annual statistics reporting from the American Cancer Society. The decline in deaths from <u>lung cancer</u> drove the record drop.

Deaths fell from about 3% per year from 2008 - 2013 to 5% from 2013 - 2017 in men and from 2% to almost 4% in women. However, lung cancer is still the leading cause of cancer death.

The decline in the death rate over the past 26 years has been steady. Overall cancer death rates dropped by an average of 1.5% per year between 2008 and 2017. This translates to more than 2.9 million deaths avoided since 1991, when rates were at their highest. A total of 1,806,590 new cancer cases and 606,520 deaths are expected in the US in 2020, which is about 4,950 new cases and more than 1,600 deaths each day. The numbers are reported in "Cancer Statistics, 2020," published in the American Cancer Society's peer-reviewed journal CA: A Cancer Journal for Clinicians. The annual report estimates the numbers of new cancer cases and deaths expected in the US each year. The estimates are some of the most widely quoted cancer statistics in the world. The information is also released in a companion report, Cancer Facts and Figures 2020, available on the interactive website, the Cancer Statistics Center.

#### The website can be used to:

- View and download maps, graphs, and charts
- Create custom downloadable maps, graphs, and charts
- Export data to Excel
- Share specific statistics that are important to readers



VIDEO: Explore Cancer Data Online Like Never Before

### **Prevention & Early Detection**

# **January is Cervical Cancer Awareness Month**



January is Cervical Cancer Awareness Month. Cervical cancer tends to occur in midlife and is most frequently diagnosed between the ages of 34 and 44. During the past several decades, screening – testing for cancer before symptoms develop – has reduced deaths from <u>cervical cancer</u>, as doctors have been able to <u>find cancer early</u> and <u>treat it</u>, or <u>prevent it</u> from developing.

The most common <u>form of cervical cancer</u> starts with pre-cancerous changes. These pre-cancers, which are caused by HPV (human Papillomavirus), can be found and treated before they have the chance to turn into cancer.

### **ACS Screening Guidelines**

- All women should begin cervical cancer screening at age 21.
- Women ages 21 to 29 should have a Pap test every 3 years. They should not be tested for HPV unless it is needed after an abnormal Pap test result.
- Women ages 30 to 65 should have both a Pap test and an HPV test every 5 years. This is the preferred approach, but it is also OK to have a Pap test alone every 3 years.
- Women over age 65 who have had regular screenings with normal results should not be screened for cervical cancer. Women who have been diagnosed with cervical cancer or pre-cancer should continue to be screened according to the recommendations of their doctor.
- Women who have had their uterus and cervix removed in a hysterectomy and have no history of cervical cancer or pre-cancer should not be screened.
- Women who have had the HPV vaccine should still follow the screening recommendations for their age group.
- Women who are at high risk for cervical cancer may need to be screened more often. Women at high
  risk might include those with HIV infection, organ transplant, or exposure to the drug DES. They should
  talk with their doctor or nurse.
- The American Cancer Society recommends that women do not get a Pap test or HPV test every year, because it generally takes much longer than that, 10 to 20 years, for cervical cancer to develop and frequent screening often leads to procedures that are not needed.

**HPV** vaccination can prevent cervical cancer - One way of preventing cervical cancer is to get vaccinated against <u>HPV</u>, which is known to cause almost all cervical cancers. Having HPV also increases the risk for other cancers and genital warts that can affect both males and females. The HPV vaccine helps prevent infections that can cause 6 types of cancers, including cervical cancer. <u>The vaccine</u> works best in younger people. Girls and boys should start the vaccine series at age 11 or 12, or at age 9. Girls and boys who do not get the vaccine at the recommended age should still get the HPV vaccination until age 26.

## **Advocacy and Public Policy**



# E-cigarette flavor guidance won't address growing youth epidemic

The U.S. Food and Drug Administration (FDA) released guidance on Jan. 2 that includes only a partial prohibition on flavors by allowing "vape shops" that sell open tank systems to continue to sell fruit, candy, mint, and menthol flavors that

have hooked a new generation of tobacco users.

The guidance will also continue to allow the sale of menthol flavored e-cigarettes in all locations, abandoning previous commitments by the Administration to clear the market of all e-cigarette flavors in response to a growing epidemic of youth use. The guidance does not preempt strong, comprehensive state and local policies that regulate the sale of flavored tobacco products.

Data from the <u>2019 National Youth Tobacco Survey</u> show youth use of e-cigarettes in high schools skyrocketed, with a 135% increase over the past two years. Survey results also show that 27.5% of high school students used e-cigarettes in the last 30 days. Nearly 64% used mint or menthol flavored e-cigarettes, only 2% less than fruit flavored products and significantly more than candy flavors.

ACS CAN Press Room Take Action ACS CAN Advocacy Accomplishments

# Dr Len's Blog

### About Dr. Len



J. Leonard Lichtenfeld, MD, MACP - Dr. Lichtenfeld is Chief Medical and Scientific Officer (interim) for the national office of the American Cancer Society.

# Dr. Len's Blog

Expert perspective, insight and discussion

Remember Last January's Promise of a Cure

for Cancer In A Year? Heard Anything Lately?

January 10, 2020

Remember THIS from a year ago in the Jerusalem Post?

"We believe we will offer in a year's time a complete cure for cancer...Our cancer cure will be effective from day one, will last a duration of a few weeks and will have no or minimal side-effects at a much lower cost than most other treatments on the market...Our solution will be both generic and personal."

Well it's been a year. Haven't heard anything? Well, you are not alone. Maybe it will come tomorrow (everything is possible, however not likely). Unfortunately–especially for cancer patients, their loved ones, and in fact all of us who cling to the hope every day that such a cure would be discovered—there isn't anything I could find to suggest the investigators were able to deliver.... Continue reading >

### **Patient, Caregiver and Survivor Support**

**Tender Loving Care (tlc)** 



Many women who are first diagnosed with cancer are in an initial state of shock or disbelief. Although advised by doctors that one of the side effects of treatment for cancer is hair loss, women are still unprepared when the onset of hair loss begins. Women find they have an immediate need for wigs, hairpieces, turbans and hats. The energy needed for extensive shopping is diminished, additional time demands are on the women undergoing treatment, and issues of costs, both medical and other, are present. The intention of the "tlc" catalog is to provide affordable, quality items to women along with the convenience of shopping from home 24-hours a day and compliments onsite wig programs.

"tlc" Website

"tlc" on cancer.org

Choosing and Wearing a Wig

### **People Helping People**



Through our Road To Recovery® transportation program, the American Cancer Society provides transportation to patients needing transportation assistance to timely care and treatment. We provide these resources at no cost to patients through volunteers, partners, and referrals to community partners.

Volunteer Development Tools & Resources
Road To Recovery on cancer.org
Volunteer Learning Center

### **Contact Information**



Tina Turpin | christina.turpin@cancer.org | 208-422-0846

If you have questions about ACS patient programs and services:

Email: NorthRegion.MissionDelivery@cancer.org

General Cancer Information: www.cancer.org or call 1.800.227.2345

Attacking from every angle."