



Prevention

Lung Cancer Awareness Month November 2017

LUNG CANCER PREVENTION

Lung Cancer, the most common cancer (excluding skin cancer) in the US, afflicts a growing proportion of women.

The American Cancer Society estimates that about 225,500 Americans will be diagnosed with lung cancer in 2017.

Nearly half (47%) will be women, and the proportion of lung cancers diagnosed in women is increasing.

Tobacco smoking is the overwhelmingly predominant risk factor for lung cancer, but 1 in 5 women with lung cancer are non-smokers.

Our understanding of the origins of cancer, like that for heart disease, is changing.

Recent studies have focused on inflammation, rather than dietary fats, as a cause of heart attacks.

A randomized trial of a powerful anti-inflammatory medicine intended to reduce cardiac deaths in patients with coronary artery disease found that lung cancer incidence and mortality decreased substantially.

The study was not designed to study lung cancer, the researchers consider the results as raising questions rather than answering them, and there were some serious side effects of the drug.

However, it helps us understand that cancer is not just caused by environmental exposures and the DNA we were given at birth.

SCREENING FOR LUNG CANCER

Lung Cancer screening reduced lung cancer deaths more in women than in men, but women are no more likely than men to undergo screening.

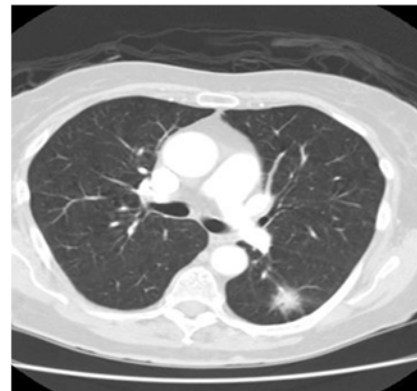
The National Lung Cancer Screening Trial changed our thinking about screening smokers for lung cancer. Screening smokers with chest x-rays did not reduce deaths in past trials. However, CT scans can detect smaller abnormalities that may be earlier and more curable cancers.

The study found that 3 yearly CT scan screens reduced lung cancer deaths by 20% in current or recent (in the last 15 years) heavy smokers (average packs per day X number of years smoked at least 30).

Women appeared to have a greater benefit than men from screening: the reduction in deaths from lung cancer fell 27% in women and only 8% in men.

However, women may be less likely than men to get lung cancer screening.

Our understanding of how gender affects screening choices is just beginning. In the Strang Cancer Screening Trial, few patients were eligible for lung cancer screening, but they did not discuss it with their doctors. We hope that final analysis of the Strang Screening Trial will help us better understand doctor-patient discussions of cancer screening.



CT Scan showing a Cancer in the Lung

TREATMENT FOR LUNG CANCER

Lung cancer, the leading cause of cancer deaths in the US, is a frightening diagnosis. Fear of getting the diagnosis sometimes keeps smokers from getting screened. However, new treatments for cancer have begun to change the prognosis.

Lung cancer is expected to cause about 158,000 deaths in 2016, including 84,500 men and 71,300 women. Because men's cigarette smoking decreased decades earlier than women's, lung cancer diagnoses and deaths have declined more slowly for women than men.

Because lung cancers are usually advanced when diagnosed, most are fatal. However, pills that aim at "driver mutations" in the cancer cell's genes have been able to shrink cancers rapidly and completely.

Other treatments that release checkpoints holding the immune system back can also shrink lung cancers for long periods of time. Unfortunately, only a minority of patients respond to these treatments so far, and the treatment side effects can be troubling. But these developments, along with the use of standard chemotherapy with surgery and radiation, mark real progress.

E- CIGARETTES

Electronic cigarettes or e-cigarettes are handheld electronic devices that attempt to create the sensation of tobacco smoking. They work by heating a liquid to generate an aerosol, commonly called a "vapor", which the user inhales.¹ Using e-cigarettes is often termed called "vaping" The liquid in the e-cigarette, called e-liquid, is usually made of, propylene glycol, glycerine, and flavorings.

The health risks of e-cigarettes are uncertain, but they are likely safer than tobacco cigarettes. Their long-term health effects are not known. They can help some smokers quit. When used by non-smokers, e-cigarettes can lead to nicotine addiction, and there is concern that children could start smoking after using e-cigarettes. So far, no serious adverse effects have been reported in trials. Less serious adverse effects include throat and mouth irritation, vomiting, nausea, and coughing.

E-cigarettes create an aerosol, commonly called vapor. Its exact composition varies. The majority of toxic chemicals found in tobacco smoke are absent in e-cigarette aerosol. Those present are mostly below 1% corresponding levels in tobacco smoke. The aerosol can contain traces of heavy metals at levels permissible in inhalation medicines, and potentially harmful chemicals not found in tobacco smoke at concentrations permissible by workplace safety standards. However, chemical concentrations may exceed the stricter public safety limits.

Since e-cigarettes were first sold in 2004 their global use has risen exponentially. In the United States and the United Kingdom their use is widespread. Reasons for using e-cigarettes involve trying to quit smoking, reduce risk, or save money, though many use them recreationally. The majority of users still smoke tobacco, causing concerns that dual use may delay or deter quitting.

About 60% of UK users are smokers and roughly 40% are ex-smokers. In the UK use among never-smokers was negligible. Because of overlap with tobacco laws and medical drug policies their use is debated in many countries. A European directive of 2016 set standards for liquids, vaporizers, ingredients and child-proof liquid containers.

As of August 2016, the US FDA extended its regulatory power to include e-cigarettes. There are around 500 brands of e-cigarettes, with global sales in excess of US \$7 billion.

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For further information on screening for lung cancer visit www.strang.org

CREATE A QUIT SMOKING PLAN

QUIT PLAN BENEFITS

One of the keys to a successful **QUIT** is preparation by creating a **QUIT PLAN!**

This combines quit smoking strategies to keep you focused, confident, and motivated and to identify the challenges on your journey to quit and the ways to overcome them. This maximizes your chances to quit smoking for good.

The following steps will help you create your own customized Quit Plan. As you move through the steps keep a record of your plan and have it readily available at all times.

Pick a Quit Date

When choosing a quit date sooner is better than later. Many smokers choose a date within two weeks to quit smoking. That will give you enough time to prepare. Give serious thought to your **Quit** date. Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke (e.g., a night out with friends or days where you may smoke at work).

Next Step: Circle your quit day on your calendar. Write it out somewhere where you will see it every day. This will remind you of your decision to become smoke free and give you time to prepare to **Quit**.

Let Loved Ones Know You Are Quitting

Quitting smoking is most helpful with a support team you can count on from important people in your life. Let them know you are planning to quit and give them ample notice of your quit date. Explain how they can help you quit. We all have different needs so be sure to let friends and family know exactly how they can help.

Next Step: A support system is one of the keys to successfully quitting. However, it can be hard to ask for help, even from the people closest to you. Review tips on getting support to make sure you get the help you need.

Remove Reminders of Smoking

Removing smoking reminders keeps you on a pathway during your quit. Smoking reminders can include your cigarettes, matches, ashtrays, and lighters. It may also help to make things clean and fresh at work, in your car, and at home. Even the smell of cigarettes can cause a cigarette craving.

Next Step: Throw away all your cigarettes and matches. Give or throw away your lighters and ashtrays. Don't save even one pack of cigarettes "just in case."

Identify Your Reasons to Quit Smoking

Everyone has their own reasons to quit smoking. To be healthier, feel better, live a longer life, to be responsible and keep their family safe, save money, etc. As you prepare your mindset to quit think seriously about your reasons for quitting. Remind yourself of them every day as this is powerful inspiration to stop smoking for good.

Next Step: Make a list of all the reasons you want to quit smoking. Keep it with you every day. Any time you feel the urge to smoke review your list. This will keep you motivated to stay smoke free.

Identify Your Smoking Triggers

Smoking relates to many parts of your life. Various activities, feelings, and people are linked to your smoking. When you come across these, they may "trigger" or turn on your urge to smoke. Try to anticipate these smoking triggers and develop ways to deal with them.

Next Step: Make a list of everything that draws you toward smoking. Then write down a way you can deal with or avoid each of them on your list. Keep this list nearby during your quit.

Develop Coping Strategies

Nicotine is the chemical in cigarettes that makes you addicted to smoking. When you stop smoking, your body has to adjust to the absence of nicotine in its system. This is known as withdrawal. Withdrawal can be unpleasant, but you can get through it. Have a positive attitude. Developing strategies to cope with withdrawal ahead of your quit can help ensure you stay smoke free for good!

Next Step: Medications and behavior changes can help you manage the symptoms of withdrawal. Many **Quit Smoking** medications are available over the counter. Make sure you have them on hand prior to your quit. While medications will help, they cannot do all the work for you. Develop other quit smoking strategies to use with medications. Remember that withdrawal symptoms, including cravings, will fade with every day that you stay smoke free.

If all attempts fail consider using e-cigarettes.

Sources: American Cancer Society, Wikipedia, American Lung Association, Centers for Disease Control and Prevention, and www.smokefree.gov.

For further information on screening for lung cancer visit www.strang.org

WHERE YOU CAN GET IMMEDIATE HELP

The Most Difficult Time to Quit Smoking is During the First Few Weeks

You will experience uncomfortable feelings, temptations to smoke, withdrawal symptoms, and cigarette cravings. Whether it is a quit line, support group, or good friend, make sure you have quit smoking support options at your fingertips at all times. Use multiple **Quit Smoking** support options.

OPTIONS TO CONSIDER

Smoke Free TXT: A mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking.

Quit Lines: If you want to talk to a quit smoking counselor right away, call 1-800-QUIT-NOW (1-800-784-8669).

Quit Smoking Apps: Mobile phone applications can help you prepare to quit, provide support, and track your progress.

Support Groups: Visit your county or state government's website to see if they offer quit smoking programs in your area.

Friends and Family: Getting support from the important people in your life can make a big difference during your quit.

Medications: If you are using a quit smoking medication, such as the patch, gum, lozenges or prescription medications, make sure you have them on hand.

Set Up Rewards for Quit Milestones

The progression to quit smoking happens one minute, one hour, one day at a time. Reward yourself throughout your quit. Celebrate individual milestones, including being 24 hours smoke free, one week smoke free, and one-month smoke free, etc. To quit smoking is challenging so be proud of your accomplishments.

Next Steps: You should be empowered every time you hit a quit smoking milestone. Treat yourself to a nice dinner, trip to the movies, or any other smoke free activity. Be positive! Plan your milestones ahead of time and set up a smoke free reward for each one.

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. Owner *Gigi Trattoria* Rhinebeck, New York



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