

November is Lung Cancer Awareness Month

Lung Cancer Screening: An Underutilized Tool for Saving Lives

In 2012, The National Lung Cancer Screening Trial found that people aged 55 to 74 who had a 30 pack-year history of smoking and were either still smoking or had quit within 15 years had 20% less mortality rate if screened with low dose computer tomography (CT).² Following US Preventive Services Task Force and the Centers for Medicaid and Medicare Services recommendations in 2013 for screening based on scientifically established guidelines, many health coverage institutions and Medicare began to cover screening costs.

Approximately 7.6 million people in the US fit the screening criteria, but fewer than 2% had a low dose CT scan at the nearly 1800 screening centers across the county in 2016.¹ That result was gleaned from examining data from the national lung cancer screening registry established by the American College of Radiology. In contrast, about 65% of eligible patients were screened for breast cancer and 68% for colorectal cancer.³

Lung cancer screening should be conducted annually for those people who fit the criteria. A high false positive rate means that people might think they have a suspicious node, although it might not be cancer. If a suspicious node is seen, the physician may instruct the patient to wait for a few months and re-screen to see if the node gets bigger.² Lung cancer biopsies are serious surgeries, and life-threatening complications could occur if the patient decided they did not want to wait for a re-screen.²

The goal of lung cancer screening is to find the cancer at an early stage, unlike how most lung cancers are detected, which is at late stages when the chance of effective treatment is reduced. If lung cancer is detected while the disease is still within the lungs, the five-year survival rate is 56 percent. But only 16 percent of lung cancers are discovered at that early stage.³

Since many people who get screened are still smoking, the informed consent process should include information and assistance for tobacco cessation. In Florida, lung cancer incidence is higher in the Panhandle and in rural areas, yet lung cancer screening centers are more prevalent in urban areas and in the southern part of the state. To learn more, contact the Lung Cancer Alliance at lungcanceralliance.org or the American Lung Association's "Saved by the Scan" that includes a directory of accredited lung cancer screening providers at lung.org/our-initiatives/saved-by-the-scan/.

State Update



State and national groups look to coordinated efforts and messaging to reduce the cancer incidence and mortality curve through increased screening and vaccination efforts. The [National Colorectal Cancer Roundtable](#) has set 2018 as a milestone year for colorectal cancer screening. Unified strategies have been developed and leveraged by groups across the nation to increase screening using the latest research and tailored messaging like the [Companion Guide for Hispanic/Latinos](#) and the [Companion Guide for Asian Americans](#). Similarly, the [National Human Papillomavirus \(HPV\) Roundtable](#) has developed materials free to access and use to increase vaccination efforts. Materials and resources for starting or growing initiatives are housed on their website including contact list and toolkits. Plans to begin pilot programs involving a systems change for the education and training of the HPV vaccine administration are already under way throughout the state.

Other national groups have initiated individual campaigns to further drive improvements. The American Lung Association has started a campaign to increase awareness of lung cancer screening called [Saved By The Scan](#).

Cancer Survivor Tips



Cancer Survivor Tips - Air Travel

After breast cancer surgery, whether recently or a long time ago, patients may not be aware that when travelling by air, pressure may trigger swelling of the arm on the side of surgery called lymphedema. Whether the surgery was a lumpectomy with lymph nodes biopsied or a mastectomy with lymph nodes dissected, patients may be at increased risk for lymphedema. Patients should talk to their doctor about a medical compression sleeve. It should be recommended and sized by a health care practitioner who is experienced in garment fitting.

Compression Sleeve Identification and Use:

- Obtain a well-fitted compression sleeve for air travel.
 - Obtain in advance of the trip and wear it several times to ensure proper fit and comfort.
 - A hand piece, either a glove or a gauntlet, should be worn with the compression sleeve if recommended.
 - Place the garment on before take-off.
 - Leave garment on for 1-3 hours after deplaning to allow tissue to return to normal before removing.
- More information on compression sleeves can be found at <http://lymphnet.org/pdfDocs/nlnairtravel.pdf>.

Funding Opportunities



Examination of Survivorship Care Planning Efficacy and Impact is a FOA to support research that evaluates survivorship care planning and the effect the planning has on morbidity, follow-up care and self management. For more information visit [R01 \(PA-18-002\)](#) and [R21 \(PA-18-012\)](#). **Closing date is January 8, 2019.**

Dissemination and Implementation Research in Health is a FOA to support innovative approaches to disseminate and implement evidence-based practices into public health, clinical practice and community settings. For more information visit [R21 \(PAR-18-017\)](#). **Closing date is May 8, 2019.**

The Florida Breast Cancer Foundation is currently offering scientific grants for Pilot Program research projects, with priority given to new Investigators, with a maximum of \$100,000 for a one year project. **The application deadline is January 28, 2019.** For more information visit the [Request for Scientific Grant Applications](#).

Small Steps to Living Healthy

Diabetes is the seventh leading cause of death in Florida and it causes over 40,000 hospitalizations each year. One in every eleven adults gets diagnosed with prediabetes, which is about 1.5 million Floridians.⁴ The Florida Department of Health provides strategies and resources to help Floridians reduce their risk of developing prediabetes and type two diabetes.⁴ People with prediabetes have a blood sugar level higher than normal, and are at risk for developing type two diabetes. Those with type two diabetes are not able to use insulin properly. Insulin regulates how much sugar is distributed to cells in the body for energy. When the body becomes resistant to insulin and fails to distribute sugar to cells, it begins to draw energy from alternative sources such as tissues, muscles, and organs.

Surprisingly, nine in ten people with prediabetes are unaware they have it.⁵ Left untreated, prediabetes can progress into type two diabetes, increasing the risk of serious health complications such as high blood pressure, heart disease and nerve damage.⁵ Fortunately, people diagnosed with prediabetes can prevent or delay type two diabetes by losing weight, eating a healthy diet, and engaging in physical activity.⁶ The Diabetes Prevention Program (DPP) can help those with prediabetes reduce their risk of type two diabetes through weight loss and other lifestyle changes.⁶

The Florida Diabetes Prevention Program (DPP) is an evidence based program that helps people to reduce their risk of developing type two diabetes. It is a year-long program with sixteen weekly sessions followed by six monthly maintenance sessions. People age 60 or older, who participate in DPP reduce their risk by 71% along with an overall decrease of 58% of all participants.⁸ To find a local DPP, visit this website: [Florida DPP Registry](#).⁸

Set your goals and get tested! [Take the prediabetes test](#) to see if you are at risk of developing prediabetes. Start practicing healthy habits such as staying physically active and eating a balanced diet! Healthiest Weight Florida encourages Floridians with type two diabetes to talk to their doctors about [Diabetes Self-Management Education \(DSME\)](#).⁷ Individuals diagnosed with type two diabetes can enroll in DSME classes either online or in-person to learn how to properly manage the condition.⁷

Cancer in the News

General Cancer Related Articles

[Novel Agent Dramatically Cuts Oral Mucositis After Radiation](#) - Medscape, Aug 23, 2018

[Integrating Geriatric Assessment into Cancer Care: A Conversation with Dr. Supriya Mohile](#) – NCI, Sep 11, 2018

Prevention Related Articles

[Top HPV-Associated Cancer Is Now Oropharyngeal](#) – Medscape, Aug 23, 2018

[Second Large Study Shows That Lung Cancer Screening Works](#) – Medscape, Sep 28, 2018

[Skin cancer knowledge, awareness, beliefs and preventive behaviors among](#)

[black and hispanic men and women](#) – Science Direct, Sep 2018

Access to Care Related Articles

[Dual Immunotherapy a Winner for Melanoma Brain Mets](#) – Medscape, Aug 22, 2018

[Lenvatinib for Liver Cancer Approved in Europe](#) – Medscape, Au 23, 2018

Survivorship Related Articles

[Heart Problems: Investigating the Cardiac Side Effects of Cancer Treatments](#)– NCI, Sep 21, 2018

[After Decades, New Standard of Care in Small Cell Lung Cancer](#) – Medscape, Sep 28, 2018

Events

Cancer Care offers educational resources, support groups, community programs, financial assistance and counseling to anyone dealing with the effects of cancer, from the patient and family to members of the community. Their educational resources are designed to be useful for medical professionals as well as the patient and their family.

- [Current Perspectives on Cancer Survivorship](#)

Tools & Resources

Cancer and Careers is hosting an educational series for health care professionals that covers practical and legal issues concerning balancing work and cancer. All sessions are free and pre-registration is required. One continuing education credit will be provided free of charge to eligible oncology nurses and social workers upon approval from listed agencies.

Nov. 7: [Managing Long-Term Stress](#)

Nov. 15: [Health Insurance Options](#)

The **CDC's** Morbidity and Mortality Weekly Report and Medscape announced a new [free continuing education \(CE\) activity](#) for public health officials, family medicine specialists, gastroenterologists, internists, obstetrician-gynecologists, nurses, pharmacists, and other clinicians. The CE activity describes the [incidence of and trends for cancers associated with overweight and obesity](#).

The **National Cancer Institute (NCI)**, in collaboration with the American Cancer Society, the CDC and the North American Association of Central Cancer Registries released a series of [digital resources and materials](#) from their Annual Report to the Nation, which include downloadable graphics and social media messages. NCI also updated data on smoking laws on [State Cancer Profiles](#) in the [Screening and Risk Factors Table](#).

The **USPSTF** released a final research plan for [interventions to prevent tobacco and nicotine use](#) and public comment periods were recently open for [behavioral counseling to prevent skin cancer](#) and [screening for cervical cancer](#).

Collaboratives

Regional Cancer Control Collaboratives working to bring public and private partners together to reduce the burden of cancer. For information on the regional collaboratives visit:

- [Northwest Florida Cancer Control Collaborative](#)
- [Northeast Florida Cancer Control Collaborative](#)
- [North Central Florida Cancer Control Collaborative](#)
- [East Central Florida Cancer Control Collaborative](#)
- [Southeast Florida Cancer Control Collaborative](#)
- [Southwest Florida Cancer Control Collaborative](#)

To be added to the contact list for any of these collaboratives, please send an email request to Caner@flhealth.gov.

References

1. Davenport, Liam, "Lung Cancer Screening Rates Only 2% Across US, Medscape.com, May 22, 2018.
2. Pham, D., Bhandari, S., Oeschli, M., Pinkston, C., Kloecker, G., University of Louisville. (2018). Lung cancer screening rates: Data from the lung cancer screening registry. Accessed October 22, 2018 from <https://meetinglibrary.asco.org/record/158432/abstract>
3. American Lung Association. (2018). Accessed October 22, 2018 from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet.html>
4. The Burden of Diabetes in Florida, American Diabetes Association. (2016) Retrieved from: <http://main.diabetes.org/dorg/PDFs/Advocacy/burden-of-diabetes/florida.pdf>
5. National Diabetes Statistics Report. (2017). Retrieved from: <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
6. 2017 Florida Diabetes Report by Florida Diabetes Advisory Council. Retrieved from: http://www.floridahealth.gov/provider-and-partner-resources/dac/_documents/dac-report-january2017.pdf
7. Diabetes Self-Management Education. <https://www.professional.diabetes.org/diabetes-self-management-education>
8. Florida DPP Registry: https://nccd.cdc.gov/DDT_DPRP/Registry.aspx