




# Transforming America's Healthcare

Presenter Name  
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Introduction



## The American Cancer Society

We are dedicated to helping People:

- Get Well
- Stay Well
- Find Cures
- Fight Back


As you all know the American Cancer Society is dedicated to helping people Get Well, Stay Well, Find Cures and Fight Back.

## Factor Increasing Cancer Risk in U.S.




- The Aging of the population
  - 30 million over age 65 in 2000
  - 71 million over age 65 in 2030
- Western diet/high in calories
- Lack of exercise
- Smoking/Tobacco use

Most of us know what increases cancer risk – age, poor diet, lack of physical activity, and smoking or tobacco use.

	<h2 style="text-align: center;">Screening</h2> <ul style="list-style-type: none"><li>• Breast Mammography and Clinical Examination</li><li>• Colon Stool Blood Testing, Sigmoidoscopy, Colonoscopy</li><li>• Cervix Pap smear</li></ul>
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We all know that screening greatly impacts cancer mortality – these are the screenings currently deemed extremely affective.

	<h2 style="text-align: center;">Screening</h2> <ul style="list-style-type: none"><li>• Lung – Spiral CT, 20% decrease, significant side effects and complication due to screening</li><li>• Prostate – PSA, effectiveness is a question mark and still the focus of study</li></ul>
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Lung and prostate screenings are still under scrutiny and being studied.

## Cohort Studies



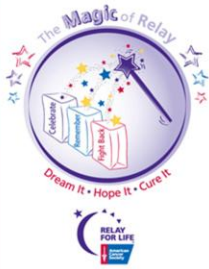
Following a large group of people over time and assessing their traits and habits and correlating with outcomes.

I'd like to tell you a little bit about Cohort Studies currently underway with the American Cancer Society. Cohort Studies are studies that follow a large group of people over time looking at their habits and other traits, and then correlating the information with outcomes.


	<h2>The ACS Cohort Studies</h2> <ul style="list-style-type: none"><li>• Cigarettes cause lung and fourteen other cancers</li><li>• Cigarettes cause heart disease</li><li>• Reduced tar, reduced nicotine, and filtered cigarettes are not safer</li><li>• Aspirin prevents heart disease and colon cancer</li></ul> <p>– Hammond-Horn and CPS1</p>
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These are things we already know because of Cohort Studies we conducted. The American Cancer Society is responsible for making the connection between lung cancer and tobacco- which of course was a huge discovery.


## Hammond and Horn



And this is a photo of those researchers! I honestly don't know which of these guys was Hammond and which was Horn, but I get such a kick out of this picture! I wonder if they put down the pipes after their findings....

	<h2>The ACS Cohort Studies</h2> <p>Factors Associated with Cancer</p> <ul style="list-style-type: none"><li>– Obesity</li><li>– Physical inactivity</li><li>– Dietary factors (high caloric intake, alcohol)</li><li>– Prolonged hormone use</li></ul> <p>Cancer Prevention Study-2</p>
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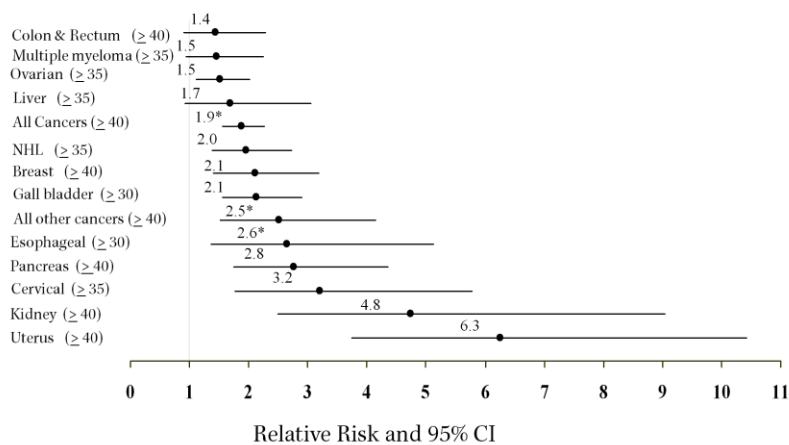
We are also responsible for associating obesity, physical inactivity, dietary factors and prolonged hormone use with increased cancer risk.

	<h2>The ACS Cohort Studies</h2> <h3>Cancer Prevention Study 3</h3> <ul style="list-style-type: none"><li>– A cohort study to address questions of the 21st century and beyond</li><li>– Correlation of genetics, habits and disease risk</li><li>– Relay is an important site for accrual of the nearly 300,000 people needed</li></ul>
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Currently we are conducting Cancer Prevention Study 3 which is looking to figure out the correlation of genetics, habits and disease risk. In the Great West Division, we are enrolling or have enrolled participants in this study in Colorado, Washington, Oregon, Arizona, and New Mexico through Relay For Life.



## Summary of Cancer Mortality by Body Mass Index - Women



\*Based on never smoking women

Calle et al. NEJM 2001

I have to admit, this slide really affected me when I saw it at the National Summit last month. Look at how much risk is increased for these various cancer sites for women who have an increased body mass index. The sites that particularly affected me was seeing the increased risk for those cancers that have a higher mortality rate, like pancreatic cancer. As Dr. Brawley at the National Summit admitted, presenting this information can make you self-conscious when your own body mass index is above 25. There are calculators online on [www.cancer.org](http://www.cancer.org) if you'd like to figure out your Body Mass Index.

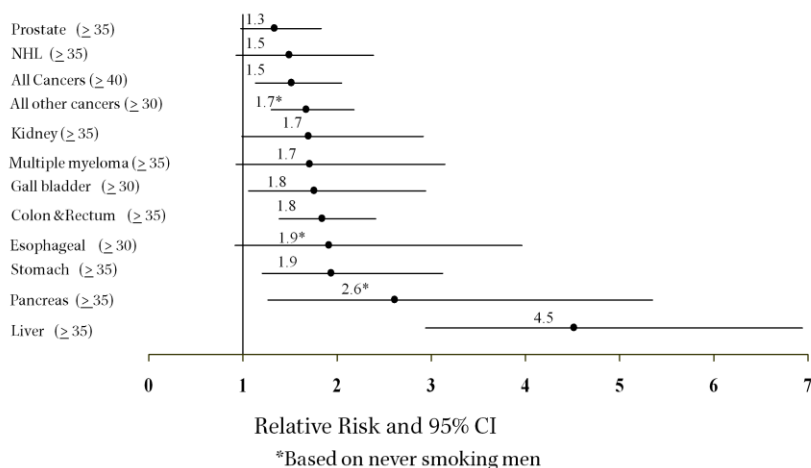
**Save some for me!**



My 10 year old nephew put all of this in perspective for me when I took him to a movie when he was 4....

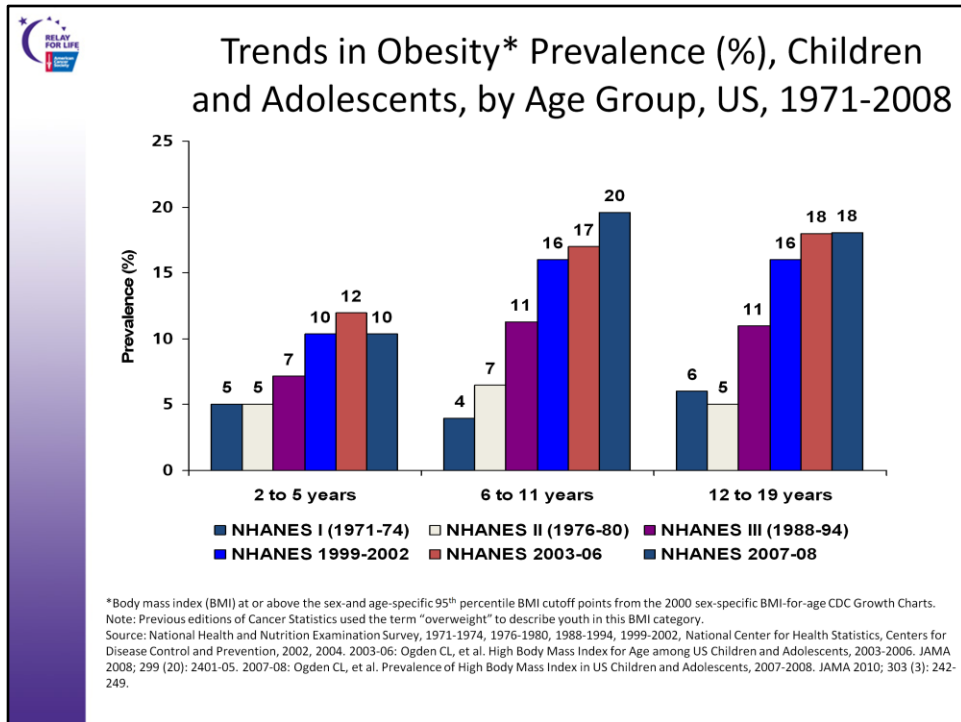


## Summary of Cancer Mortality by Body Mass Index - Men



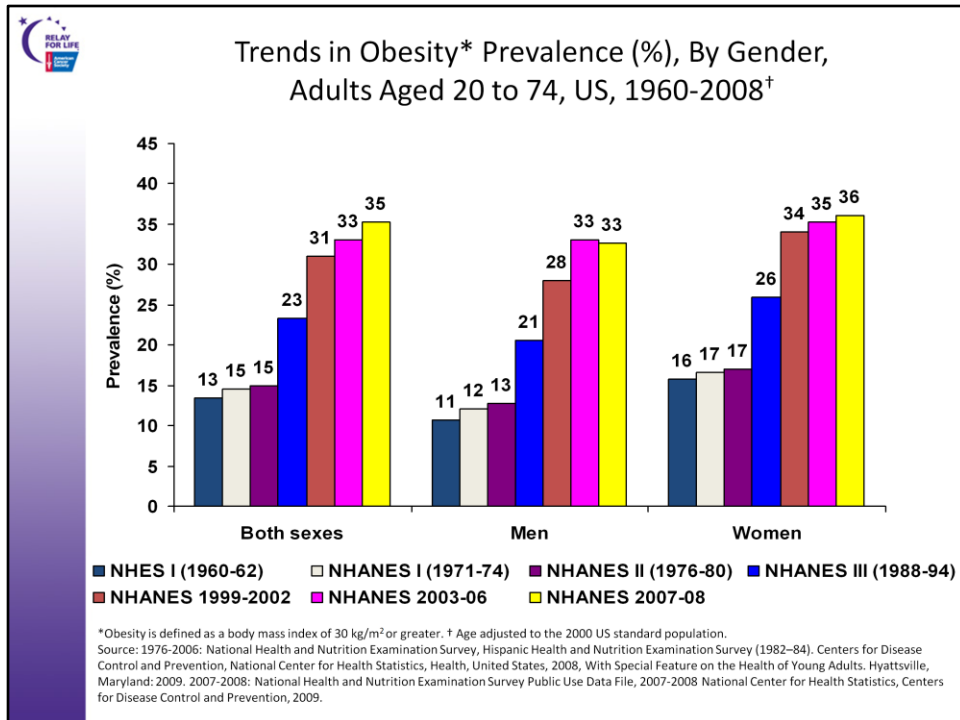
Calle et al. NEJM 2001

This is the same slide as shown earlier, but for men. Since you can't compare the numbers, I did, and the increase risk is much greater for women than men-go figure. But the increased risk is still there for all of these cancer sites. The only one we get a break on is prostate cancer, we can be as fat as we want and we won't get prostate cancer!

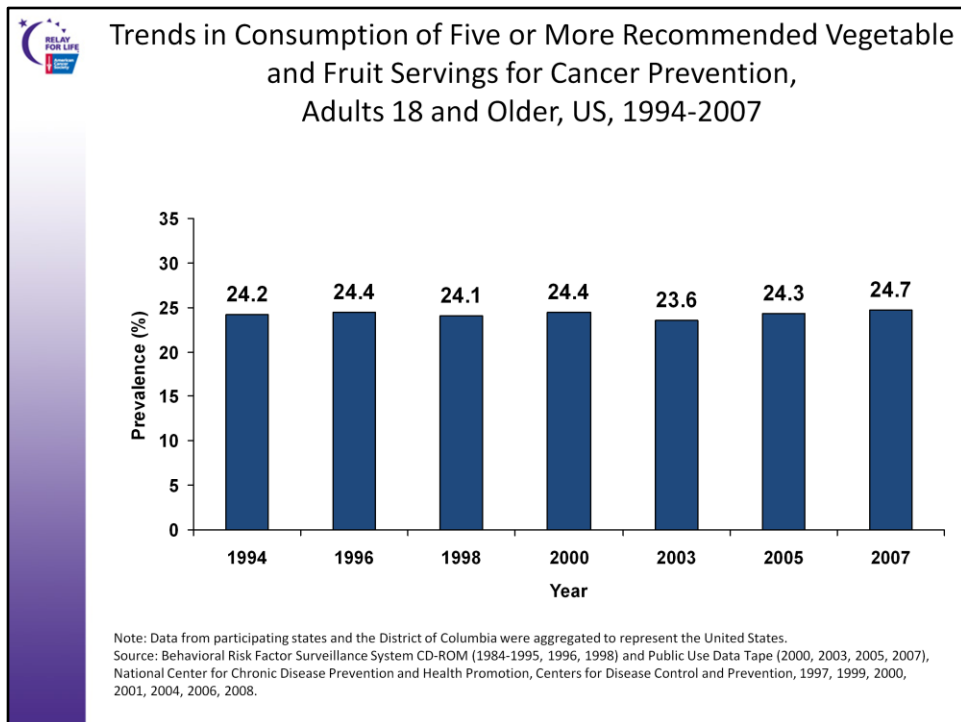


People who become overweight in childhood and adolescence are more likely to be overweight or obese as adults. With at least half of the overweight children becoming overweight adults, future adult populations are at increased risk for developing cancer and other serious chronic diseases.

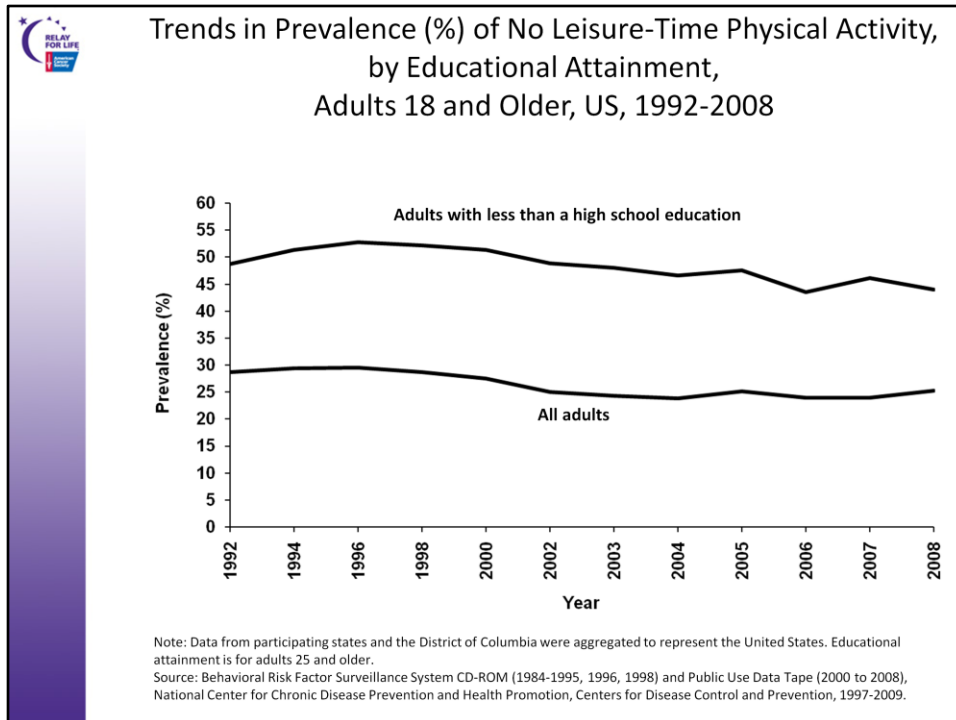
The prevalence of obese children and adolescents has increased since the 1970s, with the most dramatic increases occurring in the late 1980s and 1990s. In fact, over the past three decades the proportion of obese children has more than doubled among children 2-5 years and 6-11 years, and tripled among adolescents 12-19 years. More recently, however, no changes in obesity prevalence was observed between 1999-2000 and 2007-2008.



Obesity has reached epidemic proportions in the United States. The percentage of adults age 20 to 74 who are obese increased from the late 1970s to 2000, with the largest increases occurring in the 1990s. Similar trends were observed among men and women. In the past decade, obesity trends in women have remained relatively stable, from 34% in 1999-2002 to 36% in 2007-2008; among men, prevalence increased from 28% to 33% during this period.



The American Cancer Society recommends that individuals eat five or more servings of vegetables and fruits a day for cancer prevention. Fruit and vegetable consumption may protect against cancers of the mouth and pharynx, esophagus, lung, stomach, and colon and rectum. However, there has been little improvement in consumption since the mid-1990s. About one in four adults was eating the recommended servings in 2007.



The American Cancer Society recommends that adults engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity is preferable. However, similar to trends in nutrition, there has been little change in leisure-time physical activity during the 1990s. About one-fourth of adults do not engage in any leisure-time physical activity. Even more striking is that almost half of adults with less than a high school education do not participate in any leisure-time physical activity. It should be noted that leisure-time physical activity, as presented in this graph, does not reflect job-related physical activity for the currently employed population.

While there has been little change in leisure-time physical activity since the early 1990s, data from other sources illustrates long-term social changes have contributed to reduced total physical activity in US adults, including reduced leisure time for physical activity, shifts from using walking as a mode of transportation to increased reliance on automobiles, and shifts to more sedentary or mechanized work.