



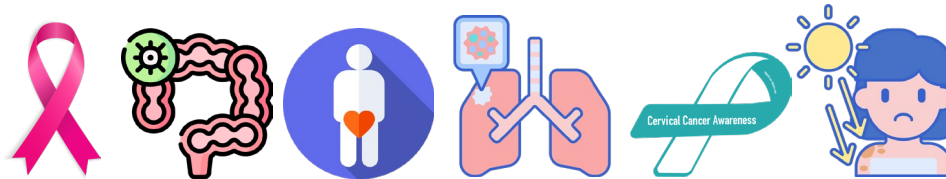
MONDAYS WITH
D R **MARK &** D R **MICHAEL**

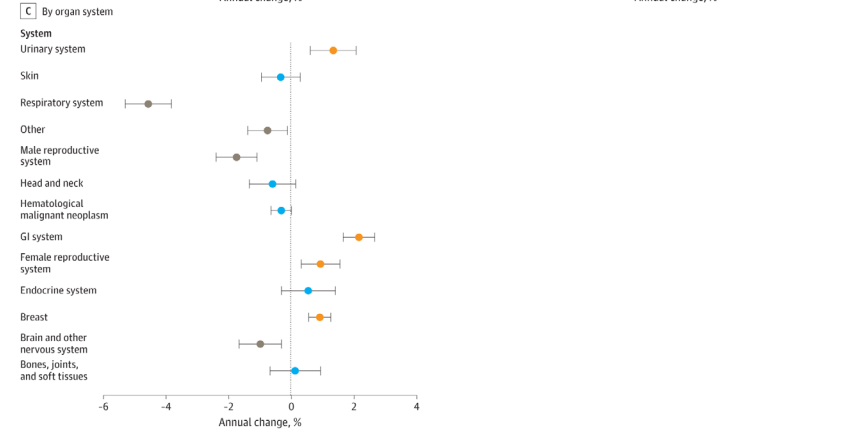
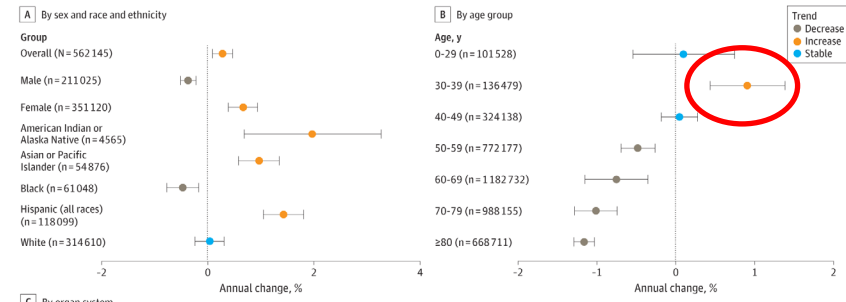
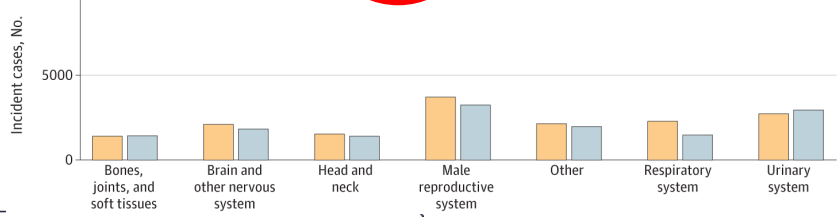
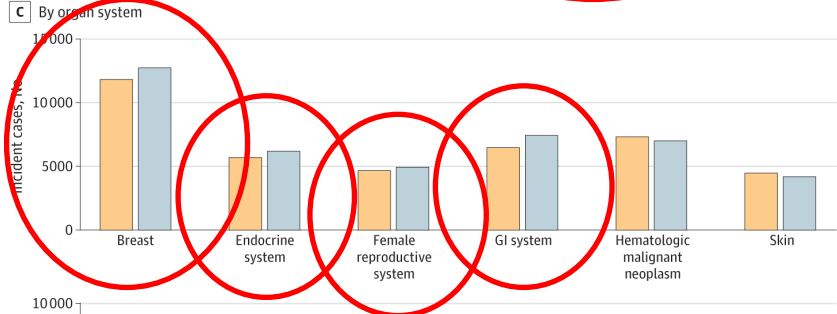
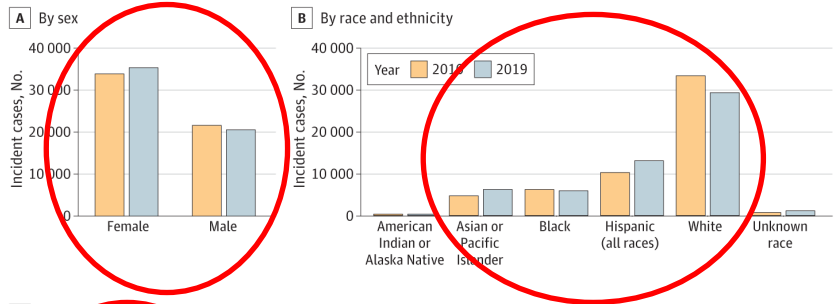
Monday, October 2, 2023 | 1:00 – 1:30PM

TOPIC #10
Cancer Prevention & Screening – Saving Lives, Saving Dollars



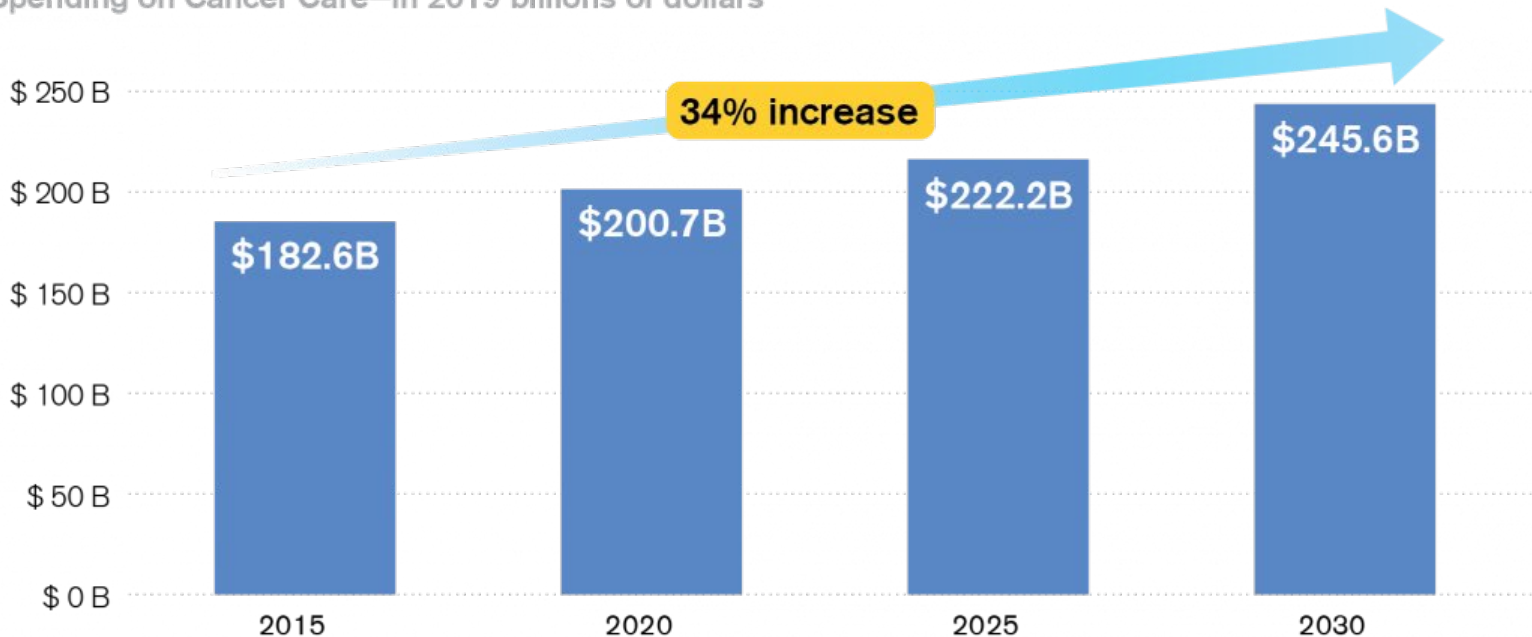
Cancer





Cancer

Spending on Cancer Care—in 2019 billions of dollars



Source: Mariotto AB, Enewold L, Zhao J, Zeruto CA, Yabroff KR. Medical Care Costs Associated with Cancer Survivorship in the United States. Cancer Epidemiol Biomarkers Prev June 10 2020 DOI: 10.1158/1055-9965.EPI-19-1534

National Cancer Costs Projected to Increase Drastically by 2030

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<https://www.fightcancer.org/policy-resources/overall-cancer-costs-are-rising>



How are we doing against HP 2030 goals?

Decrease the overall cancer death rate C-01



Most Recent Data:
146.6 cancer deaths per 100,000 population (2021) *



Target:
122.7 per 100,000 *



Desired Direction:
Decrease desired

Improving

Increase the proportion of females who get screened for breast cancer — C-05



Most Recent Data:
75.6 percent (2021) * Age 50-74



Target:
80.3 percent ¹ *



Desired Direction:
Increase desired

Little or no detectable change

Increase the proportion of females who get screened for cervical cancer — C-09



Most Recent Data:
73.9 percent (2021) * Age 21-65



Target:
79.2 percent ¹ *



Desired Direction:
Increase desired

Little or no detectable change

Increase the proportion of adults who get screened for colorectal cancer — C-07



Most Recent Data:
58.7 percent (2021) * Age 45-75



Target:
68.3 percent ¹ *



Desired Direction:
Increase desired

Baseline only

Increase the proportion of adults who get screened for lung cancer — C-03



Most Recent Data:
4.5 percent (2015) *



Target:
7.5 percent *



Desired Direction:
Increase desired

Baseline only

Age 55-80

Pandemic Impact on Cancer Screening

- Early-stage cancer diagnoses decreased by nearly 20% in the first year of the Covid-19 pandemic
- Substantial cancer underdiagnosis and decreases in the proportion of early-stage diagnoses occurred during 2020
- Stage 4 cancer diagnoses were 7% more likely in 2020 and that communities of color were impacted the most
- With nearly 2 million new cancer diagnoses each year, these diagnostic delays could lead to tens of thousands of additional patient deaths and tens of millions of dollars in added health care costs

[https://www.thelancet.com/pdfs/journals/lanonc/PIIS1470-2045\(23\)00293-0.pdf](https://www.thelancet.com/pdfs/journals/lanonc/PIIS1470-2045(23)00293-0.pdf)

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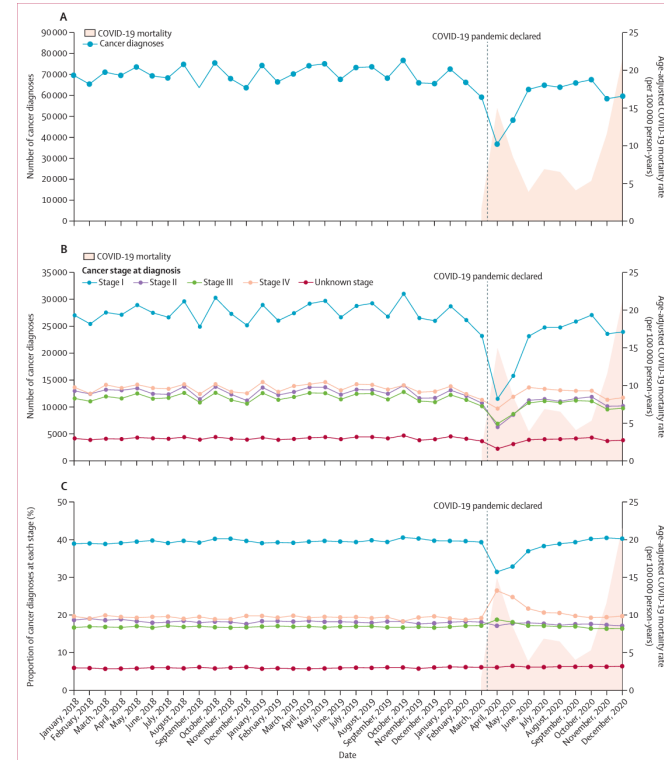


Figure 2: Total cancer diagnoses among adults (aged ≥ 18 years) overall and by stage, National Cancer Database 2018–20. (A) Number of adults newly diagnosed with cancer overall. (B) Number of adults newly diagnosed with cancer by stage. (C) Percentage of cancer stages at diagnosis. Stage 0 bladder cancer diagnoses were grouped with stage I diagnoses. Data are shown alongside monthly age-adjusted COVID-19 mortality rate.

Pandemic Impact on Cancer Costs

- Patients diagnosed at later stages of cancer have higher costs of care (up to 7 times as much) than those diagnosed at earlier stages¹

Lung Cancer:

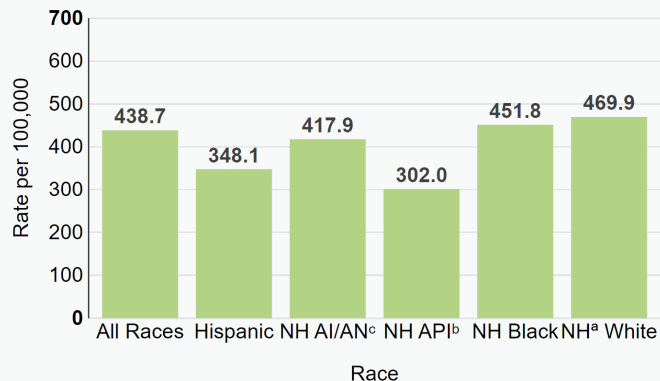
- If caught in its early stages, the five-year survival rate is 56%; in its late stages, decreases to just 5%.
- Stage 1 lung cancer costs a median \$25,000 to treat, stage 4 lung cancer costs almost ten times as much at \$210,000

1. <https://www.tandfonline.com/doi/figure/10.1080/03007995.2022.2047536?scroll=top&needAccess=true&role=tab>



Racial Disparities in Cancer Outcomes

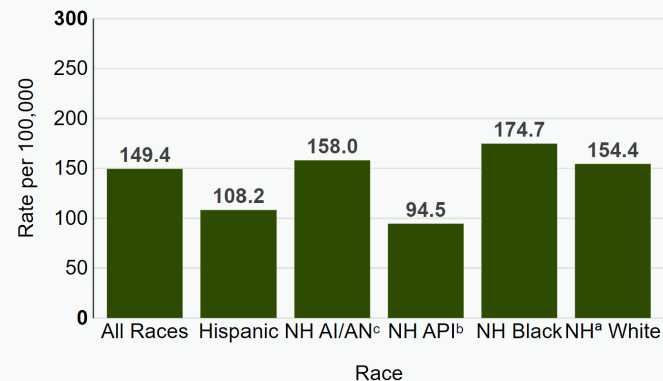
Rates of New Cancer Cases by Race/Ethnicity



SEER 22 2016–2020, Age-Adjusted Rate per 100,000

^a Non-Hispanic, ^b Asian/Pacific Islander, ^c American Indian/Alaska Native

Cancer Death Rates by Race/Ethnicity



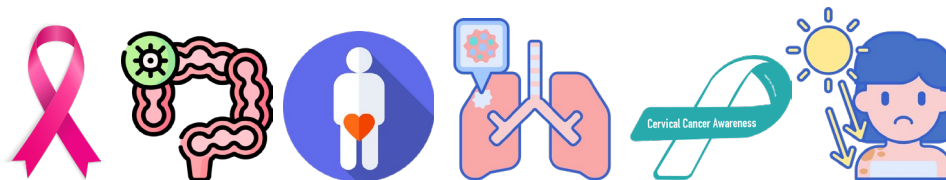
U.S. Mortality 2016–2020, Age-Adjusted Rate per 100,000

^a Non-Hispanic, ^b Asian/Pacific Islander, ^c American Indian/Alaska Native



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Employer Actions Cancer Prevention



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Cancer Prevention

- **Healthy Workplaces:**
 - Smoke-free (tobacco and vape) policy, offer smoking cessation resources and encourage employees to quit smoking
 - Wellbeing programs that encourage regular physical activity, healthy eating, sleep, stress reduction, and support work-life balance
 - Mental health support for stress reduction; EAP and digital mental health point solutions
 - Weight management programs
 - Access to healthy nutrition
 - Education on cancer awareness and healthy lifestyles that reduce cancer risk
- **Healthy Work:**
 - Promote sun protection for outdoor workers and provide shade and sunscreen options
 - Reduce exposure to carcinogens



Cancer Screening

- Benefits:
 - Comprehensive health insurance coverage
 - Ensure coverage for latest recommended cancer screenings e.g.:
 - Start breast cancer screening at age 40 instead of the previously recommended starting age of 50 and get screening mammograms every other year from ages 40 to 74 (average risk)
 - Access to cancer screenings and early detection:
 - Zero cost
 - Arrange on-site or near-site cancer screenings
 - Alternatives to colonoscopy e.g., Cologaurd
 - Consider/monitor multi-cancer blood tests – “liquid Biopsy”
 - Educate employees on how and when to get cancer screenings; Ensure that high-risk groups are reached
 - Track percentage of population who are up to date with recommended cancer screenings – set targets!



Cancer Care

- **Benefits:**
 - Partner with local clinics/hospitals and facilitate access to specialists (Cancer COE)
 - Provide comprehensive mental health benefits and an EAP that support the cancer patients journey and their return to work
 - Benefits that support cancer patients – navigation, second opinion services
- **The workplace:**
 - Set up an employee resource group (ERG) or cancer mentorship program so patients/survivors can connect
 - Educate patients/survivors about external resources for receiving support, counseling, and connections, many of which are free of charge
 - Ensure patients/survivors have trustworthy information and education about their cancer and the many issues that surround it
 - Support cancer survivors in staying at work through flexibility and reasonable accommodations
 - Educate managers since they may have never supervised an employee who's been diagnosed with cancer



Questions?

Upcoming NEBGH events

- **Oct. 16** – Mondays with Dr. Mark and Dr. Michael
- **Oct. 19** – Better Treatment for Mental Health
- **Oct. 25** – Breast Cancer Treatment Innovations and the Impact to Outcomes: What Employers Need to Know
- **Nov. 13** - Help for Employers: Navigating the Challenging Landscape of Gender-Affirming Care
- **Nov. 15** – Annual Membership Meeting: Driving Cultural Change at Work
- **December 14** – 29th Annual Tribute to Leadership