



Royal College of
General Practitioners



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UK



CASCAD

CASCAD BULLETIN

PROVIDING NEWS AND UPDATES ON CANCER CONTROL IN PRIMARY CARE

Feel free to share this Bulletin with colleagues.

Upcoming Cascade workshops

- 11 May 2017: Leeds
- 14 September: Bristol
- 6 December: Aberdeen

Upcoming events

- 18-20 April 2017: CaPRI Conference 2017, Edinburgh
- 12-14 October 2017: RCGP Annual Conference, Liverpool

Leeds Cancer Cascade Workshop – now sold out!

Our next Cascade workshop will be held in **Leeds on Thursday 11th May** at the DoubleTree by Hilton.

All of our tickets for this **free event** are now sold out, but we would encourage anyone working in primary care **in a leadership role** with a remit for cancer control to [join the waitlist](#). Any return tickets will be made available to those on the waitlist.

The focus for the day is on diagnostics, with the following speakers confirmed:

- Professor Sean Duffy - *Cancer Programme Director, West Yorkshire Cancer Alliance*
- Professor Richard Neal - *Professor of Primary Care Oncology, University of Leeds*
- Dr Richard Roope - *CRUK / RCGP Clinical Lead for Cancer*

(Please see attached agenda for further details)

There will be lots of opportunity for networking and group discussion, and also the chance to share some of your work on local cancer projects during our afternoon 'Show and Tell' session.

Our research:

CRUK have a number of ongoing and recently completed pieces of commissioned research, including:

- **The skills and capacities of the non-oncology workforce (to be published June 2017)**
- **Evaluating cancer services across the NHS in Scotland, Wales and Northern Ireland (to be published March 2017)**
- **Understanding GP attitudes to cancer preventing drugs (published Feb 2017)**
- **Meeting patients' needs: improving the effectiveness of MDT meetings in cancer services (published Jan 2017)**
- **Testing times to come? An evaluation of pathology capacity across the UK (published Nov 2016)**

For more information, contact Helen Beck, CRUK Policy Research Manager helen.beck@cancer.org.uk

If you have any questions, please do get in touch with Lindsay Allan (Lindsay.allan@cancer.org.uk)

Watch our new video [here](#) to see why you should attend Cascade.

Updates from Cancer Cascade – Cardiff 2nd February

On 2nd February 2017 we held our 10th Cancer Cascade workshop in Cardiff– our first in Wales. The workshop focused on the refresh of the Wales Cancer Delivery Plan, cancer prevention in primary care and Significant Event Analysis. The agenda included:

- A presentation on the new Cancer Delivery Plan for Wales by Damian Heron followed by group discussion.
- A session on primary care and cancer prevention delivered by Professor Linda Bauld.
- A presentation from Kate Newman and Dr Hayley Crumpton
- An update on latest developments in cancer control from Dr Richard Roope

The full summary report and all presentation slides can be found on our [webpage](#)

100% of respondents to our evaluation survey said that they would like to attend another event.

Help us to evaluate the impact of Cascade

In order to ensure that our Cascade events are continually improved to make them as relevant and useful to our audience as possible, we are keen to evaluate the impact that our workshops have had so far.

If you have attended a Cascade workshop in the past, then we would love to speak to you to follow up on any action you have taken since.

- Is there anything that you have done as a result of attending Cascade?
- If you made an 'Action Pledge' at the end of the day, have you been able to implement this and if so, has it been successful?

Get in touch at cascade@cancer.org.uk to update us on some of the work you have been doing.



Resources and tools:

Cascade webpage

Our new-look webpage is now [live](#). You can find information about Cascade and upcoming and past workshops, as well as access presentations and resources.

CRUK-RCGP Partnership webpage

[Take a look](#) at our new webpage for more information about the Cancer Clinical Priority programme, and our work with the RCGP.

CRUK and Woman's Own magazine – raising awareness in primary care.

Our second bespoke magazine in partnership with Woman's Own has been released. This new edition is full of early diagnosis and cancer prevention messaging for patients – to help raise awareness of signs and symptoms of cancer.

The magazine includes: top tips on how to live a healthier lifestyle, Q&A with a CRUK nurse a health report on

What's new?

Chemoprevention: More support for GPs

The importance of promoting the benefits of cancer preventing drugs



A new study by Cancer Research UK, which surveyed 1,007 GPs from across the UK, has explored GP attitudes towards offering the use of tamoxifen and aspirin to lower the risk of cancer, or prevent cancer. This is an important study, because it's an area where there is little research around clinician attitudes and knowledge.

The study found that nearly half of GPs were unaware of the potential benefits of tamoxifen in preventing breast cancer in women at high risk due to a clear family history. Only 24% of GPs were aware of the NICE familial breast cancer guidelines and 20% of Scottish GPs were aware of the Healthcare Improvement Scotland guidelines.

Despite this low level of awareness, more than three quarters of the GPs in the survey stated that they were willing to prescribe tamoxifen when given support to do so. The study shows that more needs to be done to promote the evidence and guidance on chemoprevention, and that GPs want more support from secondary care colleagues.

For more information on any of the above activities, please visit cruk.org/chemoprevention

One-off bowel screening test cuts risk of cancer for at least 17 years

According to a [study](#) published in The Lancet, a one-off bowel screening test can help reduce the risk of developing bowel cancer by up to a third, potentially saving thousands of lives.

Researchers funded through Cancer Research UK, Medical Research Council (MRC) and National Institute for Health Research (NIHR) used bowel scope to examine the lower part of the large bowel within more than 40,000

obesity.

The magazine is free.

Order a copy on the [publications website](#). They have a shelf life of approx. 6 months.



CRUK Facilitator Programme

Our facilitators work directly with health services to drive improvement in cancer prevention and diagnosis. We provide free of charge, practical support to change the way health professionals manage cancer.

people for 17 years. This method uses a tiny camera (which is attached to a thin flexible tube) to examine a specific part of the bowel and detect polyps on the bowel wall. They found that this method prevented 34 per cent of bowel cancers and 40 per cent of deaths. It is now the longest study to have taken place for the effectiveness of the test.

The government estimates that the bowel scope test will take another three years before it is offered to everyone aged 55+ and eligible in England. The governments in the rest of the UK have not yet announced to introducing this test as part of their own bowel screening programmes.

More information on the study available [here](#)

Lifetime weight gain linked to stomach and oesophageal cancers



There is a possible association between lifetime weight gain and stomach cancers, according to a [study](#) published by the British Journal of Cancer. It states that people who are overweight in their twenties and become obese later in life are three times more likely to develop either oesophagus or upper stomach cancer.

Led by researchers from the National Cancer Institute in Bethesda, US, the study gathered data from more than 400,000 people and followed up with analysis on their reported height and weight at ages 20 and 50. The researchers continued the follow up to see which people developed either oesophagus or upper stomach cancers. They found that individuals who first reported being overweight at the age of 20 were up to 80 per cent more likely than those who maintained a healthy weight to develop these cancers later in life.

To find out more and connect with your local Facilitator please visit our website at cruk.org/facilitators.

Annually, around 5,600 people are diagnosed with oesophagus and upper stomach cancers in England. Being obese or overweight is the biggest preventable risk factor of cancer in the UK after smoking. It can also be linked to a range of other cancers, such as bowel, breast, liver and pancreas.

For more information on this study, please visit [this page](#).

'Very Brief Advice' e-learning module



CRUK, in partnership with leading behavioural researchers and the RCGP, have developed a [30 minute e-learning module](#) to support GPs delivery of 'very brief advice' (VBA) focused on smoking, alcohol and obesity to reduce cancer risk. It is acknowledged that 4 in 10 cancer are preventable, and that GPs have a key role in influencing the decision to address behaviour which puts their patients at a higher risk of cancer.

The module is specifically designed to support VBA within any appropriate consultation and includes very short videos (30 seconds to 1 minute). The module will provide guidance on how to incorporate VBA into practice through the three AAAs (Ask, Advise and Action) for each behaviour (smoking, alcohol and obesity) and provide a rationale for how this can save GP time and improve impact of advice on behaviour change given by GPs.

The scripts which have supported the videos will be available to download to support VBA with patients who are supportive of behaviour change, those who are resistant to behaviour change and also those who prefer to do their own approach to behaviour change (which is not supported by evidence and less likely to be sustainable).

This e-learning module launches in April 2017. For more information, please contact Karen Llewellyn-Date (Karen.Llewellyn-Date@cancer.org.uk)

CRUK webpage update

Updated cancer incidence trends for the UK

There has been an update to the cancer incidence over time content on our stats page. The updated stats are for the UK and span 1993-2014. These statistics are now also available for the small intestine for the first time.



Find it:

On our Local Cancer Statistics [webpage](#).

[Updated CRUK Policy content](#)

In the news

Blood tests to spot ovarian cancer at early stages

In a study on 4,348 women by the Journal of Clinical Oncology, it has been found that a blood test every four months could help women at high risk identify tumours early. Around two in every 100 women will develop ovarian cancer at some point in their life, however, the study focused on individuals who faced a greater than one-in 10 chance. Three times a year, doctors tracked changes in the levels of CA125, which is produced by ovarian tissue, to see if levels became elevated - a sign of cancer.

During the three years of screening, 19 cancers were detected, with ten of them at an early stage.

The study emphasised the importance of early diagnosis as a means to providing a better chance of survival. However, the study has not been running for long enough to know if screening specifically can save lives.

You can find more information about the article [here](#).

Nose swab detects tobacco damage linked to lung cancer

New swab for early detection in smokers

Researchers from Boston University School of Medicine (BUSM) have determined a new way of diagnosing lung cancer in those at high risk of the disease. A sample of cells taken from the inside of the nose of a smoker can be used to investigate further into the damage caused to cells in the lung by smoking.

The policy section of our webpage has been reviewed and updated. This now includes new sections on e-cigarette research; stop smoking services, imaging capacity and chemoprevention.

Find it:

On our policy [webpage](#).

Use CRUK infographics in your work

We've made our cancer stats and science infographics available online for you to use in presentations, posters and any other uses you can think of. Visit the [CRUK Pinterest](#) to see them.

For queries about their re-use please [contact us](#).

Although CT scans have been used to identify lumps in the lungs, they cannot determine which of these lumps are likely to be cancerous. Currently in the US, long term smokers who are at high risk of lung cancer are offered CT scans. However, a biopsy is also needed to help differentiate between the non-cancerous and cancerous lumps.

The research team believe that the use of these nose swabs could identify these particular lumps at an earlier stage and play a part in the early detection and prevention of lung cancer.



Find out more on their study [here](#).

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Bulletin Feedback:

If you would like to give feedback on the Cancer Cascade Bulletin or unsubscribe please email: Cascade@cancer.org.uk

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