

## Practice Guidelines in Oncology

MVP Health Care®, as part of its continuing Quality Improvement Program, has adopted the National Comprehensive Cancer Network’s (NCCN) Practice Guidelines in Oncology™ for the treatment and management of cancer. The National Comprehensive Cancer Network is a not-for-profit alliance of thirty-two of the world’s leading cancer centers who work together to improve the quality, effectiveness and efficiency of cancer care.

### Statistics – Morbidity & Mortality

- Cancer is the second leading cause of death in the United States.
- Due to earlier diagnoses and improvements in cancer treatment, the five-year relative survival rate has increased substantially from the early 1960s to 2015, from 39% to 68% among Whites and from 27% to 62% among Blacks, respectively.
- There are approximately 1.9 million new cases of cancer in the U.S. each year. It is estimated that 1,958,310 new cases of cancer will be diagnosed in 2023, up from 2022.
- The most deadly cancers (listed in descending order according to estimated deaths in 2022) are lung and bronchus, colorectal, pancreas and breast.
- The most common cancers (listed in descending order according to estimated new cases in 2023) are breast cancer, prostate cancer, lung and bronchus cancer, colon and rectum cancer, melanoma of the skin, bladder cancer, non-Hodgkin lymphoma, kidney and renal pelvis cancer, endometrial cancer, leukemia, pancreatic cancer, thyroid cancer and liver cancer.
- Prostate, lung and colorectal cancers account for an estimated 43% of all cancers newly diagnosed in men in 2020. For women, the three most common cancers are breast, lung and colorectal, and they account for an estimated 50% of all new cancer diagnoses in women in 2020.
- Overall cancer incidence rates are highest among Non-Hispanic Whites because of their high rates of lung and female breast cancers. However, sex-specific incidence is highest in non-Hispanic Black (NHB) men, among whom rates during 2013 through 2017 were 81% higher than those in Asian/Pacific Islander men, who have the lowest rates, and 7% higher than NHW men, who rank second. Among women, those who are NHW have the highest incidence—9% higher than those who are NHB (who rank second); however, NHB women have the highest sex-specific cancer mortality rates—12% higher than NHW women. The mortality disparity among men is larger, with the death rate in NHB men double that in Asian/Pacific Islander men and 19% higher than that in NHW men. Notably, the Black-White disparity in overall cancer mortality among men and women combined has declined from a peak of 33% in 1993 (279.0 vs 210.5 per 100,000, respectively) to 13% in 2018 (174.2 vs 154.1 per 100,000, respectively). This progress is largely due to more rapid

declines in deaths from smoking-related cancers among Blacks because of the steep drop in smoking prevalence unique to Black teens from the late 1970s to the early 1990s.

- Estimated national expenditures for cancer care in the United States in 2018 were \$150.8 billion. In future years, costs are likely to increase as the population ages and more people have cancer. Costs are also likely to increase as new and often more expensive treatments are adopted as standards of care.
- As of January 2019, there were an estimated 16.9 million cancer survivors in the United States. The number of cancer survivors is projected to increase to 22.2 million by 2030.
- Approximately 39.5% of people will be diagnosed with cancer at some point during their lifetimes (based on 2015–2017 data).

The rate of new cases of cancer (cancer incidence) is 442.4 per 100,000 people per year (based on 2013–2017 cases).

**Sources:** American Cancer Society. *Cancer Facts & Figures (2023)*. Atlanta: American Cancer Society (2023). Available: <https://www.cancer.org/research/cancer-facts-statistics.html>

<https://www.cancer.gov/about-cancer/understanding/statistics>

NIH National cancer institute Surveillance Epidemiology and End Results Program [Surveillance, Epidemiology, and End Results Program \(cancer.gov\)](https://surveillance.cancer.gov)

### Guidelines Summaries

Providers may access the NCCN Clinical Practice Guidelines in Oncology™ online at [www.nccn.org](http://www.nccn.org). On the NCCN home page, follow the "Login/Register" link and complete the brief registration process (free of charge). Numerous guidelines for the treatment and management of cancer are available by clicking on the link, **NCCN guidelines for Treatment of Cancer by Site**. Also available under the "NCCN Guidelines®" link are several pocket guidelines available free of charge.

In conjunction with these guidelines, MVP Health Care offers Case Management for members in active treatment for cancer. If you would like to refer one of your patients to the Case Management program, please call the Health Care Operations Department at **866-942-7966**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care reviews its clinical guidelines annually. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via

the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **800-777-4793**.