



## Cancer precursor lesions project - summary as of 18 July 2024

This project started in January 2024. Our findings to date include:

- We have identified 1218 distinct human malignancies (the number changes slightly over time as we review each malignancy).
- Cancer precursors are not universal, as was previously thought. Even using our broader definition, only 14% of malignancies have a precursor.
- The presence of precursors varies by subspecialty, from 0.9% for neuropathology malignancies to 41.3% for thoracic malignancies.
- Nonepithelial malignancies only rarely have precursors, and even then, they are typically rare, associated with genetic syndromes or based on clinical and not morphologic findings.

See more on our blog [here](#).

## The American Code Against Cancer

We have updated the American Code Against Cancer at <https://www.pathologyoutlines.com/ccnprimer/americancodeagainstcancer.html>

The American Code Against Cancer focuses on actions that individuals can take to help prevent cancer, which reduces the risk of getting cancer by 30-50% and is part of our strategic plan to substantially reduce cancer deaths.

The American Code Against Cancer is based on the European Code Against Cancer with modifications from the Centers for Disease Control-Lung Cancer Screening and the Centers for Disease Control-Screening for Hepatitis C.

I would like to emphasize two important sections not present in the European Code Against Cancer:

- Avoid medical misinformation; rely on trustworthy governmental or academic sources.
- Ensure optimal medical treatment by being organized regarding medical issues and using good medical judgment.

See more at <https://natpernick.substack.com/p/american-code-against-cancer>

## Liquid biopsies in childhood tumors

[Cancer researchers](#) are making progress in developing liquid biopsies in childhood tumors to complement or serve as alternatives to tissue biopsies. 143 plasma samples were analyzed from 19 controls and 73 patients, including 44 bone or soft tissue sarcomas and 12 renal, 10 germ cell, 5 hepatic, and 2 thyroid tumors. 26 of 37 (70%) patients enrolled at diagnosis without prior therapy had circulating tumor DNA based on the detection of copy number alterations (CNAs) from low-pass whole genome sequencing, including 18 of 27 (67%) patients with localized disease and 8 of 10 (80%) patients with metastatic disease. None of the controls had detectable somatic CNAs. Nature, <https://www.nature.com/articles/s41698-023-00357-0>

## A letter from the Editor and Founder of the Curing Cancer Network

My writing is intended to analyze and provide solutions to societal problems. Many of these problems are due to individual behavior which must be changed to solve the problem. My advice assumes that people want to solve the problem (not always the case). It's not about being superior or controlling - it's about finding a way to improve things.

I have written extensively about [how cancer arises](#) and have developed a [strategic plan](#) to substantially reduce cancer deaths. Towards that end, I have written [The American Code Against Cancer](#) which lists behavioral changes that will reduce new cancer diagnoses and help people live longer. Behavior suggestions are often not taken well. One of my friends said, "What's the point of living if you can't eat the foods you like?" This makes some sense but if we want to avoid cancer or heart disease and live longer, science suggests that we should avoid high fat diets, keep our weight down and take other steps that we would rather avoid. That's just the way it is.

### Social media

Follow us on [LinkedIn](#) and [Twitter](#). Twice a week we post interesting cancer related images of malignancies with diagnoses.

### Newsletters

Click [here](#) to sign up for this newsletter. We list our prior newsletters on the [Newsletters page](#) as well as below.

### Latest versions of our documents

[Strategic plan](#)  
(updated 1 June 2023)  
[American Code Against Cancer](#)  
(updated 23 July 2024)

### Archives

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