Session Fifteen

 Lifetime Achievement Award to David Lieberman, MD, Oregon Health & Science University

8:40 AM to 9:00 AM
Lifetime Achievement Award to David Lieberman, MD, Oregon Health & Science University

Steven Itzkowitz
MD, FACP, FACG, AGAF

David Lieberman
MD
A Journey of Discovery

David Lieberman, MD
Professor of Medicine, Division of Gastroenterology and Hepatology
School of Medicine, Oregon Health & Science University
A Journey of Discovery

NCCRT 11-17-23

David Lieberman MD
Professor of Medicine
Chief Division of Gastroenterology and Hepatology 1997-2021
Oregon Health and Science University
My life in Medicine

Then and now
When you see a turtle on top of a fence post you know he didn’t get there by himself.

Robert Lamont
Lessons I have learned
Pursue your passion
Care to make a difference
1980’s: Discovery
Colorectal Cancer Genetics and Risk

- Chromosomal Instability pathway
- Adenoma-Carcinoma sequence
- Inherited Risk
  - Lynch Syndrome
  - Familial risk

Screening

Randall Burt, Rick Boland, Dennis Ahnen*
*Deceased 2021
Colorectal Cancer Screening - 1990

- Colorectal Cancer (CRC) Screening
  - 1978 recommendation from Am Cancer Society
  - FOBT – RCTs underway (published 1993 and 1996)
  - Flexible sigmoidoscopy
    - 1992 – removing polyps could prevent CRC (NPS)
    - RCTs underway (published after 2000)
- 1990: First reports of screening colonoscopy
  - Small cohorts.
VA Cooperative Study #380: Screening Colonoscopy

- Planning proposal
  - Determine risk factors for adenomas
  - Assess feasibility of screening with colonoscopy
- VA funds 2 planning meetings
- Principle Investigator submits grant, and attends Study Section meeting
  - 10 minute presentation
  - 90 minutes of grilling Q&A
  - Scored immediately
Crushing disappointment
Disappointment
Resilience
1990’s: VA Cooperative Study #380

Screening colonoscopy:
• To determine risk factors for advanced adenomas
• To determine efficacy of FOBT and sigmoidoscopy
• Feasibility of colonoscopy as a screening test
2000-2001: VA Cooperative Study #380

**USE OF COLONOSCOPY TO SCREEN ASYMPTOMATIC ADULTS FOR COLORECTAL CANCER**

DAVID A. LIEBERMAN, M.D., DAVID G. WEISS, PH.D., JOHN H. BOND, M.D., DENNIS J. AHNEN, M.D., HARINDER GAREWAL, M.D., PH.D., AND GREGORIO CHEJFEC, M.D., FOR VETERANS AFFAIRS COOPERATIVE STUDY GROUP 380*

ONE-TIME SCREENING FOR COLORECTAL CANCER WITH COMBINED FECAL OCCULT BLOOD TESTING AND EXAMINATION OF THE DISTAL COLON

DAVID A. LIEBERMAN, M.D., AND DAVID G. WEISS, PH.D., FOR THE VETERANS AFFAIRS COOPERATIVE STUDY GROUP 380*

**NEJM 2000; 343: 162-8**

**NEJM 2001; 345: 555-60**

- **Importance**: first large study using colonoscopy as a screening test
- **Impact**: Data presented to congress; colonoscopy screening included as Medicare benefit in 2001
Discovery: Colorectal Cancer Screening

1st RCT 1993
National Polyp Study (NPS) 1993
1st endoscopic RCTs Flex Sig 2000’s
2014 to 2028 RCT: FIT vs CSP

Jack Mandel
John Bond*

Sidney Winawer
Ann Zauber

Robert Schoen
Wendy Atkin*

Doug Robertson/Jason Dominitz

* Deceased 2018

NordICC 2022;
Michael Bretthauer
Michal Kaminski
Discovery: CRC Screening Implementation

Colonoscopy Quality
- Doug Rex
- Michal Kaminski

Population Screening
- C-5 NYC
  - Sid Winawer,
  - T.R. Levin
- Kaiser
- NIDDK 1999-2016
  - Steve Itzkowitz
  - Han Mo Chiu
    - Taiwan
Discovery: CRC Screening Implementation

Advocacy and Public Education

Robert Smith
Richard Wender
Am Cancer Society
Katie Couric
Thomas Frieden

Modeling

Iris Landsdorp-Vogelaar
Ann Zauber
Uri Ladabaum
CRC Incidence and Mortality

Remarkable Success Story
A Well-Organized Program Can Work:

FIT Program Started

Mortality reduced

CRC Incidence- Late Stage CRC

Remarkable success story except.....
Not everyone has access to screening

Doubeni et al; NEJM 2022; 386:796-9
Health Equity and CRC Screening

When we achieve **health equity**, everyone has a fair and just opportunity to be as healthy as possible.

U.S. Department of Health and Human Services Healthy People 2020
Social Determinants of Health and CRC Screening

National Health Interview Survey 2021; (from Fola May)
Patient-level barriers to CRC Screening

- Trust
- Health literacy
- Cultural beliefs
- Logistics
  - Time off work
  - Transportation

Carethers, Doubeni; Gastroenterol 2020
Lieberman et al; Gastroenterol 2022
Creating access can reduce disparities
Successful Screening Models

Successful programs in USA

- Kaiser, California – Annual FIT achieved >80% adherence with subsequent reduction in CRC incidence, mortality and elimination of disparities (Doubeni, NEJM 2022)
- C-5 in NYC – Colonoscopy achieved high levels of adherence in diverse populations

Lessons from successful programs

- Create **access** for everyone
- Develop effective **education/communication**
- Provide **navigation**
When you see a turtle on top of a fence post you know he didn’t get there by himself.

Robert Lamont
CRC screening is effective if performed with high-quality