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7 **Long-Term Survival in Patients with Cancers**

8 *A SEER-based analysis*

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16 **Abstract**

17 **Objectives:** Long-term survival is an important endpoint in management of different
18 malignancies which is rarely assessed due to unfeasibility of follow-up for long duration of
19 time. In this study, we explored real-world data on cancer's long-term survival using
20 historical records from the Surveillance, Epidemiology, and End Results (SEER) Program.
21 Besides reporting the 5-year relative survival, we analyzed the 10- and 20- year survival rates
22 for different types of cancers. Additionally, survival trends as a function of time, age, and
23 tumor type were reviewed and reported. **Methods:** We used SEER*Stat (version 8.3.6.1) for
24 data acquisition from the SEER 9 Regs (Nov 2019 Submission) database. Data of patients
25 diagnosed with cancer between 1975 and 2014 were retrieved and included in the analysis.
26 **Results:** For patients diagnosed with any malignant disease (n = 4,412,024), there was a
27 significant increase in median overall survival over time (p<0.001). The 20-, 10-, and 5-year
28 survival rates were higher in solid tumors compared to hematological malignancies (50.8%
29 vs. 38%, 57% vs. 47.4%, and 62.2% vs. 57.4%, respectively). The highest 20-year relative
30 survival rates were observed in thyroid cancer (95.2%), germ cell and trophoblastic
31 neoplasms (90.3%), melanoma (86.8%), Wilms' tumor (86.2%), and prostate cancer (83.5%).
32 **Conclusions:** Long-term follow-up data were suggestive of high 20-year relative survival

33 rates for most tumor types. Relative survival showed an improving trend over time especially
34 in solid tumors.

35 **Keywords:** Survival; Neoplasms; SEER Program; Prognosis; United States.

36

37 **Advances in Knowledge**

- 38 • There was a significant increase in long-term survival rates in cancer patients over
39 the period between 1975 and 2014.
- 40 • The highest 20-year relative survival rate is seen in thyroid cancer, germ cell and
41 trophoblastic neoplasms, melanoma, Wilms' tumor, and prostate cancer.
- 42 • Twenty-year relative survival rate is higher in solid cancers compared to
43 hematological malignancies.

44

45 **Application to Patient Care**

- 46 • Improved cancer diagnostics and therapeutic options have led to a substantial
47 increase in survival rates over time. This necessitates the development of long-
48 term follow-up programs to accommodate the growing number of cancer
49 survivors.
- 50 • Twenty-year survival rates for some malignancies are high. Patients diagnosed
51 with those types of tumors should be aware of their probability of survival and
52 counseled about cancer survivorship.

53

54 **Introduction**

55 In the United States (US), nearly 609,360 persons are projected to die from cancer in the year
56 2022. In fact, cancer is currently considered the second most common cause of death in both
57 men and women in the US.¹ This domination over other causes of death is a daunting fact for
58 cancer patients and their families that remains consistent among different races and variable
59 age groups.²

60

61 Although many researchers have studied cancer-related mortality, cancer survivorship usually
62 remains an underrepresented topic in literature despite growing interest in the concept in the
63 past decade. In 2019, more than 16.9 million Americans have survived cancer—a number that
64 is projected to reach more than 22.1 million by 2030.³ With recent advances in cancer
65 diagnostics and therapeutics, survival is expected to become even much better with a further
66 increase in the number of cancer survivors among the overall population.^{4,5}

67

68 Cancer survival rates can vary according to tumor type and patients' clinicodemographics.^{4,5}

69 Exploring survival rates can not only provide insights into the natural history of different

70 cancers but also enlighten us about the changes that happened across time because of the

71 introduction of novel treatment options or incorporation of new preventive strategies including

72 screening programs. Most studies reporting on cancer survival, including clinical trials, have

73 addressed either 5-year or 10-year survival rates.⁶⁻⁹ However, looking into survival rates from

74 a more holistic approach that goes beyond 10 years is imperative; though this is usually

75 impractical to address in short-term studies or even in the context of prospective clinical trials.

76

77 In this study, we aimed to investigate long-term survival, including 20-year survival rates, of

78 different cancers in the US. We also tried to explore possible differences in survival rates across

79 tumor types, their association with different sociodemographic parameters, and their trends as

80 a function of time.

81

82 **Methods**

83 Data were obtained from the Surveillance, Epidemiology, and End Results (SEER) Program.¹⁰

84 SEER is a program that was initiated in the early 1970s by the US National Cancer Institute to

85 collect data from nationwide cancer registries. Its current databases cover 47.9% of the US

86 population and are presumably generalizable to patients with cancer all over the US. The SEER

87 9 database (Nov 2019 Submission), which covers 9.4% of the population and includes historic

88 data that go back to 1973, was used as the data source in this study. The study was exempted

89 from institutional review board approval being a SEER-based study according to National

90 Bureau of Economic Research's guidance.¹¹

91

92 The case-listing function in SEER*Stat 8.3.6.1 was used to export data on cancer cases

93 diagnosed between 1975 and 2014. We included patients with known ages who had cancers

94 with malignant behavior at the time of initial data entry. The relative survival was calculated

95 in SEER*Stat using the Ederer II method. The probability of relative survival compares

96 survival in the patients included in the analysis with the expected survival of the general

97 population obtained from the US 1970–2017 Expected Survival Life Tables.¹² For relative

98 survival, cases with a missing cause of death and/or survival time were excluded from the

99 analysis.

100

101 According to the third edition of the International Classification of Diseases for Oncology, we
102 classified tumors into either solid tumors (8000/3-9581/3) or hematological malignancies
103 (9590/3+). Age at diagnosis was categorized into five main categories (0–14, 15–24, 25–54,
104 55–64, and 65+ years). For comparing trends over time, we stratified years of diagnosis into
105 four groups with a 10-year interval for each group.

106

107 Statistical analysis was performed using IBM SPSS Statistics for Windows, Version 26.0.
108 (Armonk, NY: IBM Corp). Frequencies and percentages were used to describe categorical
109 variables. Survival analysis was performed using the Kaplan–Meier analysis method, where
110 the log-rank test was used to test for statistical difference. Cox regression analysis was
111 performed to adjust for potentially confounding factors. The *p*-value of 0.05 was used to
112 determine statistical significance.

113

114 **Results**

115 In this analysis, we included 4,412,024 cases diagnosed with cancer between 1975 and 2014.
116 Elderly population (65 years and over) was the largest age group in our study (55.6%; *n* =
117 2,452,512). The majority of the study cohort were male (51.3%; *n*=2,262,378) and white (84%;
118 *n*=3,705,309). The most commonly encountered diagnosis was breast cancer (14.9%; *n* =
119 657,211); with solid tumors constituting 91.1% (*n* = 4,019,427) of the included cohort (Table
120 1).

121

122 The median overall survival for all patients included in the study was 66 months (95%
123 confidence interval (CI): 65.8–66.2 months) and showed a significant increase over time (35
124 months, 51 months, 77 months, and 101 months for cases diagnosed between 1975 and 1984,
125 1985 and 1994, 1995 and 2004, and 2005 and 2014, respectively; *p*<0.001) (Figure 1). The
126 highest 20-year relative survival was observed in thyroid cancer (95.2%), germ cell and
127 trophoblastic neoplasms (90.3%), melanoma (86.8%), Wilms' tumor (86.2%), and prostate
128 cancer (83.5%) (Table 3).

129

130 Survival was compared across different prognostic factors including age, gender, stage, grade,
131 and cancer type. Results revealed that the 15-24 age group had better median overall survival
132 compared to 25-54, 55-64 and 65+ age groups (363.3 months vs 261 months, 112 months, and
133 37 months ; *p*<0.001) (Figure 1). Female patients had longer overall survival compared to male
134 patients (83 months vs 54 months, *p*<0.001) (Figure 1). Patients of black races had lower

135 survival rates compared to (American Indian/AK natives, Asian/pacific islanders) and white
136 races (115.2 months vs 152.2 months, and 134.9 months, $p < 0.001$). In Cox regression analysis,
137 improvement in survival across time remained significant (hazard ratio (HR)= 0.899) and the
138 significance was also maintained across different age groups (HR=1.865), genders (HR:
139 1.008), races (HR: 0.939), and tumor types (HR: 0.781) (Table 2).

140

141 Despite consistent increase in survival rates in both tumor types, the 20-, 10-, and 5-year
142 survival rates were higher in solid tumors compared to hematological malignancies (50.8% vs.
143 38%, 57% vs. 47.4%, and 62.2% vs. 57.4%, respectively). Table 4 shows survival rates for
144 commonly diagnosed cancers.¹

145

146 **Discussion**

147 The progress made in the oncology field has substantially improved cancer outcomes¹³ but
148 little is known about how this was translated into a long-term survival benefit in patients with
149 cancer. To the best of our knowledge, this is the widest-scale analysis of long-term survival for
150 cancer patients that explored follow up data for up to 20 years after diagnosis using a tumor
151 agnostic approach. Data presented in this study are crucial to inform treating physicians about
152 the probability of long-term survival in different malignancies. This information is commonly
153 addressed during doctor–patient conversations, particularly in patients with advanced disease.
154 Current evidence suggests that the accuracy of oncologists’ expectations for survival in end-
155 stage cancer patients was as low as 25%. This inaccuracy can not only lead to a lack of
156 credibility in physicians’ disclosed information but also mislead treatment-related decisions,
157 such as the need to refer patients for hospice care or the necessity of continuation of active
158 treatment.^{14–16}

159

160 We have demonstrated, based on data from US cancer registries, that several malignancies have
161 a considerable long-term survival. The highest 20-year relative survival was observed in
162 thyroid cancer (95.2%), followed by germ cell and trophoblastic neoplasms, melanoma, and
163 Wilms’ tumor (90.3%, 86.8%, and 86.2%, respectively). A potential explanation for high
164 survival rates in these tumors is the early disease-related manifestations, the availability of
165 easy-access diagnostic approaches, and the advances in treatment options with curative intent
166 in those tumor types. Similar data were reported in the United Kingdom (UK) by Quaresma et
167 al., who have reported the highest 10-year survival in patients with testicular cancer (98.2%).¹⁹

168

169 Although some data support the notion that the highest rates of cancer survival are reported in
170 the US and Canada,¹⁸ trends in our survival analysis were consistent with findings from other
171 studies in other parts of the world. Most publications addressing shorter survival intervals have
172 reported improved survival over time; which is usually attributed to the introduction of new
173 treatment options for various tumors.¹⁸⁻²⁰ This has been consistent with data reported in our
174 study, which showed a steady increase in 5-, 10-, and 20-year survival across almost all tumor
175 types. Interestingly, the survival probability showed an incremental decrease after 5 years as
176 compared to anticipated linear increase in the probability of death. For example, breast cancer
177 survival probability fell from 86.4% at the 5-year follow-up to only 70.1% at 20 years. In
178 colorectal cancer, the 20-year survival rate of 50.5% actually compares to that of 61.4% at 5
179 years. This highlights the fact that most death events would occur early in the course of disease.
180 Therefore, informing patients about the long-term prognosis of their illness should not rely
181 only on short-term survival data, which can sometimes be misleading. Our findings are
182 concordant with data from a similar study that was done twenty years ago and reported on long-
183 term survival of patients diagnosed between 1974-1991. In the study by Wingo et al, an
184 incremental decrease in survival rates happened after 5 years in patients with colorectal cancer
185 with 15-years survival rate reported as 50% compared to 57% survival rate at 5 years.¹⁷

186
187 Our findings suggest that solid malignancies have a higher 20-year relative survival than
188 hematological malignancies. This difference in survival was consistent among all age groups
189 and was more prominent in older patients versus patients less than 14 years old who had better
190 survival with hematological malignancies. Improvements in the survival rate in hematological
191 malignancies seem more prominent (73.6% increment increase) than solid malignancies
192 (51.2% increment increase). These data conform to the data reported in previous studies from
193 different geographic areas.^{7,21,22} The survival difference between different age groups was also
194 reported in a population-based study in the UK where the net survival in the elderly population
195 was lower than that in younger patients over a 40-year period (1971–2011).¹⁹ Thus, observing
196 such a discrepancy is not surprising as both solid and hematological malignancies are a
197 heterogeneous group of different diseases with different natural histories and treatment options.
198 Elderly patients commonly show late manifestations and have multiple comorbidities that can
199 affect both treatment decisions and liability to treatment-induced toxicity.

200
201 Improvements in survival, however, do not come without a cost. Long-term cancer survivors
202 are more likely to experience treatment-induced long-term side effects, including organ failure

203 and secondary malignancies. Long-term nonmedical effects, including financial toxicity and
204 lifestyle changes, can also add a burden to long-term survivors. Thus, addressing cancer
205 survivorship issues, particularly in patients with potentially high survival rates, and
206 establishing follow-up guidelines that not only go beyond the normal follow-up periods but
207 also address medical and non-medical needs of cancer survivors are imperative. An effort to
208 address the cancer survivorship issue was made by the European Society for Medical Oncology
209 (ESMO) which provided expert consensus guidelines for management of cancer survivorship.
210 The guidelines identified core components that need to be addressed in cancer survivors
211 including physical and psychological effects, social and financial impact, active surveillance
212 for recurring cancers and second primaries, and promotion of well-being including
213 improvement of cancer prevention approaches and overall health.²³

214

215 This study addressed a huge number of patients with a long follow-up duration.
216 Notwithstanding the resulting comprehensiveness of analysis, our study has several limitations.
217 First, the SEER database does not provide detailed data on treatment options that patients
218 received. The included cohort was diagnosed over a long period of time which might have
219 resulted in heterogenous availability of treatment options and subsequent differences in clinical
220 outcomes. Second, the 20-year survival data could only be calculated for the SEER 9 database,
221 which includes cancer registries present since the inception of the SEER Program. Major
222 updates in SEER were performed, which currently include 22 cancer registries covering 47.9%
223 of the total cancer population in the US. However, the use of long-term data from newly
224 incorporated cancer registries will not be feasible until a couple of years later when the follow-
225 up duration can allow for long-term survival analysis. Third, methods to evaluate survival rates
226 can vary and lead to differences in outcome interpretation²⁴. For example, there has been a
227 reported slightly higher relative survival rates with Ederer II method compared to Hakulinen
228 or Ederer I method when follow up duration exceeds ten years. In some cases, as in
229 malignancies that are diagnosed over a wide range of ages (e.g. thyroid), long term relative
230 survival for all ages combined may vary depending on the method used to estimate expected
231 survival; since Ederer I and Hakulinen methods will provide similar and higher relative survival
232 compared to that calculated by Ederer II²⁵. Finally, in general and as with data originating
233 from cancer registries, SEER extracted data must be interpreted with caution given the
234 challenges of unrecorded variables, underreported and incomplete adjuvant treatment data,
235 disparity in coding and reporting, and migration of patients between SEER registry regions.²⁶

236

237 **Conclusions**

238 Long-term follow-up data suggests that 20-year relative survival rates are high for many
239 tumor types. The relative survival rates have significantly improved over time. Long-term
240 follow up programs for cancer survivors should be incorporated into clinical management of
241 patients with cancer.

242

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245 manuscript.

246

247 **Authors' Contribution**

248 MAG conceptualised the study. RAS, EIZ and MAG designed the methodology. RAS, AAN,
249 EIZ and MAG drafted the original manuscript. AAN reviewed and edited the manuscript and
250 supervised the work. All authors approved the final version of the manuscript.

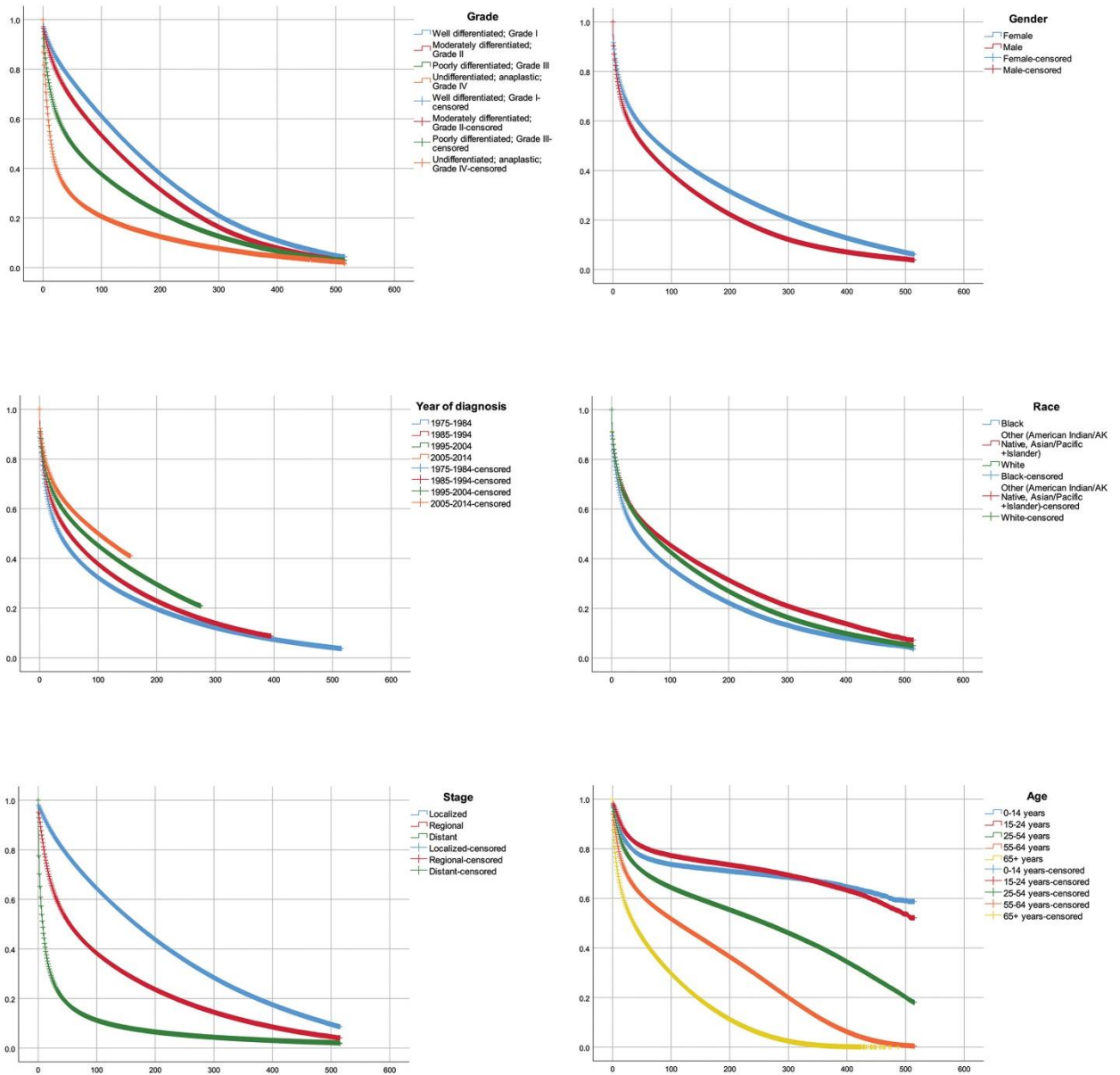
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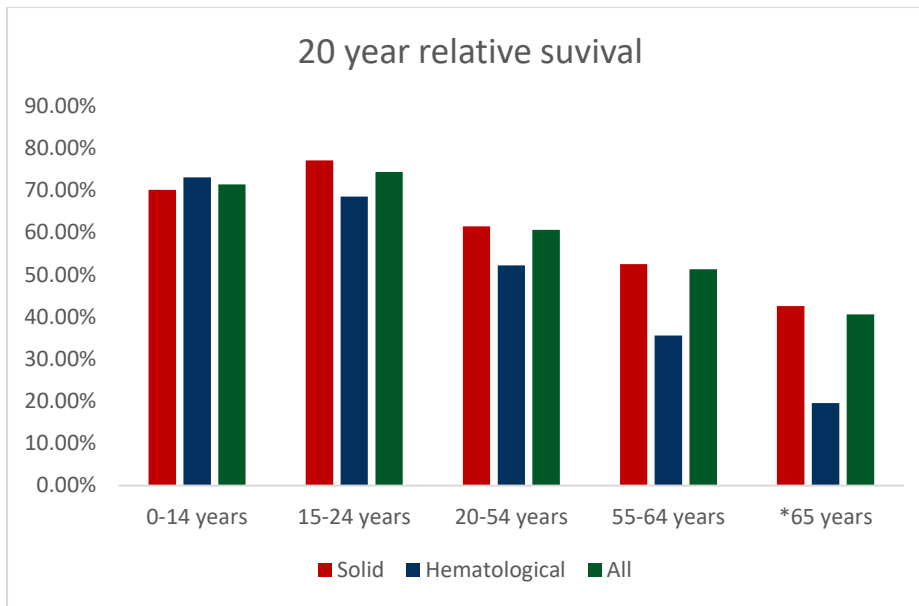
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329

330 **Figure 1:** Kaplan–Meier curve for cases diagnosed with cancer between 1975 and 2014
 331 stratified by age group, race, gender, stage, grade, and year of initial diagnosis.

332



333

334 **Figure 2:** Twenty-year survival for different age groups stratified according to tumor type. The
 335 highest survival rates are observed in the 15-24 age group. Age groups are plotted on the x axis
 336 and survival probability is plotted on the y axis.

337

338 **Table 1:** patients' characteristics in the included cohort.

		N	%
Age group	0–14 years	31,594	0.7%
	15–24 years	41,614	0.9%
	25–54 years	917,720	20.8%
	55–64 years	968,584	22%
	65+ years	2,452,512	55.6%
Gender	Male	2,262,378	51.3%
	Female	2,149,646	48.7%
Race	White	3,705,309	84%
	Black	407,066	9.2%
	Other (American Indian/AK native, Asian/pacific islander)	281,266	6.4%
	Unknown	18,383	0.4%
Year of diagnosis	1975–1984	758,808	17.2%
	1985–1994	1,025,529	23.2%
	1995–2004	1,220,374	27.7%
	2005–2014	1,407,313	31.9%
Tumor type	Solid	4,019,427	91.1%
	Hematology	392,597	8.9%

Diagnosis	Breast	657,211	14.9%
	Prostate	610,247	13.8%
	Lung and Bronchus	592,921	13.4%
	Urinary Bladder	196,378	4.5%
	Melanoma of the Skin	168,236	3.8%
	Corpus Uteri	136,199	3.1%
	NHL - Nodal	120,148	2.7%
	Kidney and Renal Pelvis	114,658	2.6%
	Pancreas	112,114	2.5%
	Other tumors	1,703,912	39%

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340

341

Table 2: Cox regression analysis for different prognostic factors affecting survival time. P-value < 0.001

	Regression Coefficient	HR	95.0% CI for HR	
			Lower	Upper
Age	0.623	1.865	1.862	1.867
Year of diagnosis	-0.106	0.899	0.898	0.900
Stage	0.163	1.177	1.176	1.178
Grade	0.071	1.073	1.073	1.074
Cancer Type (solid and Hematological)	-0.242	0.785	0.781	0.788
Sex	0.008	1.008	1.006	1.011
Race	-0.063	0.939	0.938	0.940

342

Table 3: Survival data of cancers having highest 20-year relative survival.

	5 year survival					10 year survival					20 year survival				
	1975-1984	1985-1994	1995-2004	2005-2014	All Years	1975-1984	1985-1994	1995-2004	2005-2014	All Years	1975-1984	1985-1994	1995-2004	2005-2014	All Years
Thyroid carcinoma	92.90%	94.60%	96.60%	98.50%	96.80%	91.40%	93.50%	95.90%	98.50%	96.10%	90.10%	92.40%	95.10%	N/A	95.10%
Germ Cell and Trophoblastic Neoplasms	85.10%	92.50%	94.40%	95.50%	92.60%	83.80%	91.50%	94.20%	95.20%	92.00%	80.40%	90.30%	93.30%	N/A	90.30%
Melanoma	82.00%	87.50%	91.00%	93.10%	89.90%	77.10%	84.40%	89.10%	92.10%	87.40%	75.00%	83.40%	88.90%	N/A	86.70%
Wilms tumor	79.30%	91.10%	90.70%	94.10%	89.00%	77.70%	90.50%	89.10%	93.00%	87.80%	76.60%	89.00%	86.10%	N/A	86.20%

N/A: 20 years survival rates cannot be calculated for this patient population due to short follow up to date.

Table 4: Survival data for commonly diagnosed tumors. Cancers listed are those shown to have highest incidence rates according to Siegel et al 2022.

	5 year survival					10 year survival					20 year survival				
	1975-1984	1985-1994	1995-2004	2005-2014	All Years	1975-1984	1985-1994	1995-2004	2005-2014	All Years	1975-1984	1985-1994	1995-2004	2005-2014	All Years
Breast	75.50%	84.00%	89.00%	91.10%	86.10%	63.60%	76.10%	83.50%	86.30%	78.80%	53.20%	67.50%	75.70%	N/A	69.80%
Prostate	70.50%	89.10%	98.60%	99.10%	93.40%	55.70%	81.90%	97.90%	99.10%	89.70%	39.60%	72.40%	94.40%	N/A	81.70%
Lung and Bronchus	12.70%	13.40%	15.30%	19.60%	15.40%	8.70%	9.00%	10.20%	13.10%	10.40%	4.80%	4.80%	5.50%	N/A	5.60%
Colon and Rectum	52.10%	60.00%	64.00%	66.40%	60.80%	46.50%	53.90%	58.40%	60.10%	54.90%	42.60%	49.50%	52.60%	N/A	50.00%
Corpus and Uterus, NOS	83.50%	82.80%	83.60%	83.20%	83.30%	81.60%	80.40%	80.70%	80.30%	80.80%	79.50%	76.80%	76.40%	N/A	77.70%
Urinary Bladder	74.60%	78.80%	79.80%	78.70%	78.20%	66.50%	71.50%	73.10%	72.30%	71.00%	55.20%	60.10%	61.50%	N/A	59.70%
Melanoma of the Skin	82.90%	88.60%	92.00%	94.00%	90.90%	78.40%	86.00%	90.50%	93.40%	88.90%	76.60%	85.20%	90.40%	N/A	88.40%
Kidney and Renal Pelvis	51.50%	58.40%	65.50%	75.10%	65.80%	44.50%	50.80%	57.70%	68.80%	58.40%	36.80%	40.90%	47.00%	N/A	47.60%
Non-Hodgkin Lymphoma	49.00%	51.30%	63.20%	73.40%	61.70%	37.20%	41.10%	55.70%	66.50%	52.60%	26.80%	31.70%	46.60%	N/A	41.80%
Oral Cavity and Pharynx	52.50%	55.00%	60.50%	67.40%	59.30%	42.30%	44.40%	51.30%	59.30%	49.40%	29.80%	32.40%	38.40%	N/A	36.10%
Leukemia	36.20%	44.20%	52.30%	64.50%	50.90%	25.40%	33.90%	44.70%	57.60%	41.60%	17.90%	26.70%	37.00%	N/A	32.90%
Pancreas	2.70%	3.80%	4.90%	9.10%	5.60%	1.80%	2.60%	3.60%	6.50%	3.90%	1.30%	1.80%	2.10%	N/A	2.60%
Thyroid	92.70%	94.40%	96.50%	98.40%	96.60%	91.30%	93.30%	95.80%	98.40%	96.00%	89.90%	92.10%	94.90%	N/A	95.00%

N/A: 20 years survival rates cannot be calculated for this patient population due to short follow up to date.