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State of Mesothelioma

2023 Report

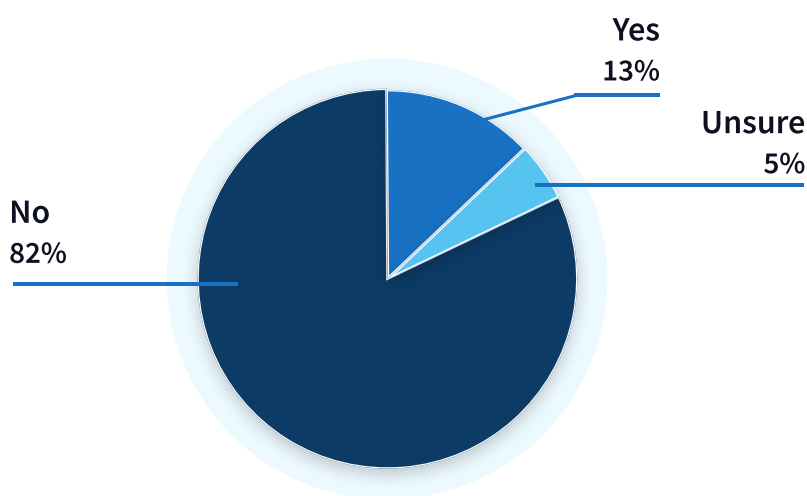
Introduction

Mesothelioma statistics can take years to research, time many patients don't have. In this exclusive survey, The Mesothelioma Center at Asbestos.com asked more than 220 survivors, caregivers and their loved ones about the state of mesothelioma. About 40%-50% were eligible for surgery. More than 10% said treatment led to remission.

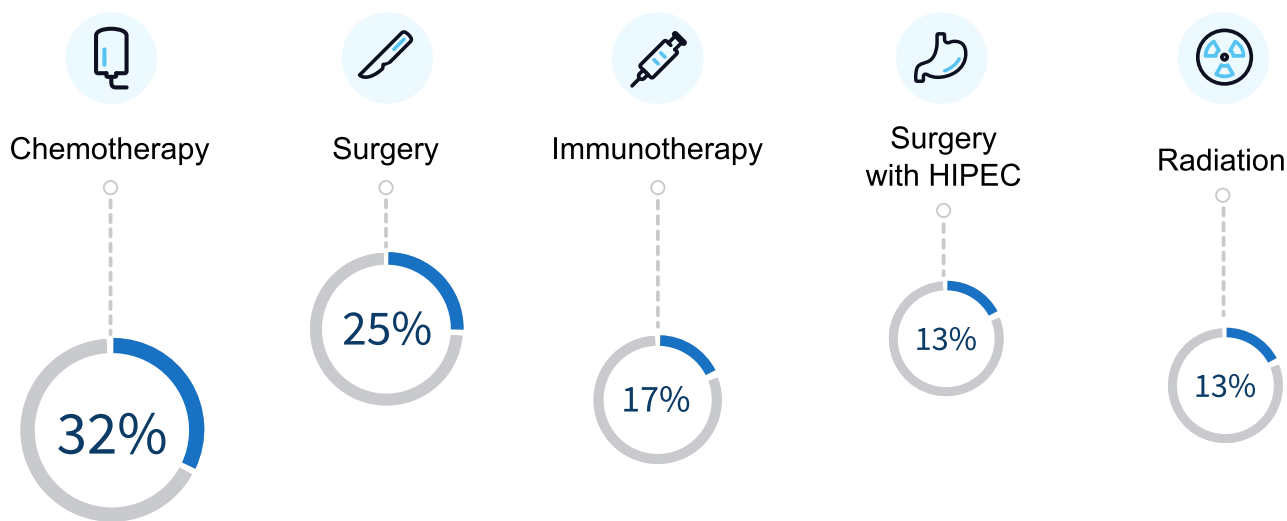
How Mesothelioma Patients Achieved Remission

Some mesothelioma patients achieve remission with an effective treatment plan and a healthy lifestyle. Remission often means significant tumor shrinkage or an extended period with no signs of cancer. Our unique 2023 survey found that doctors told 13% of mesothelioma patients they were in remission or cancer-free.

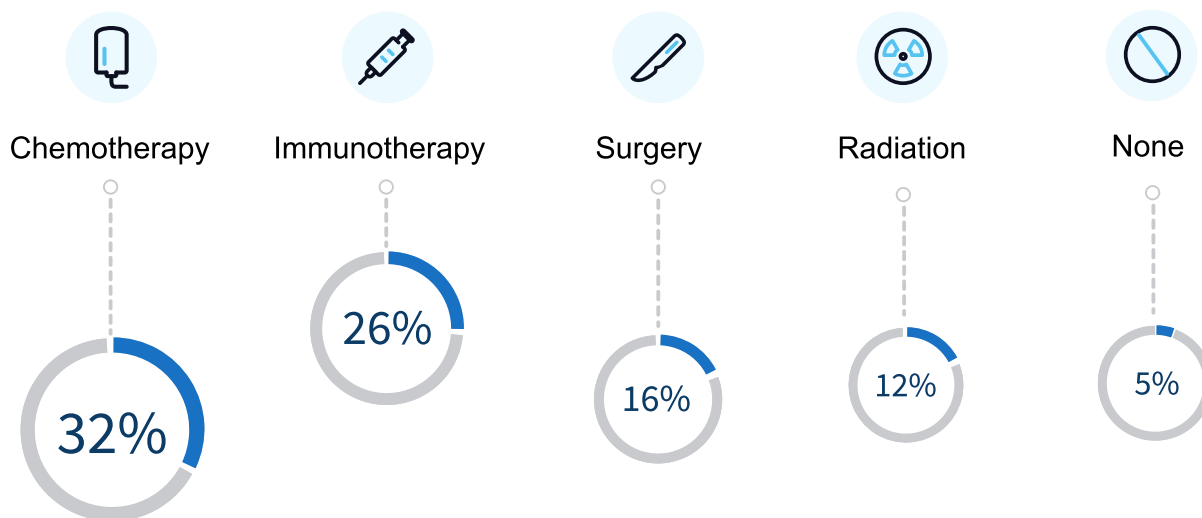
Patients Who Experienced Mesothelioma Remission



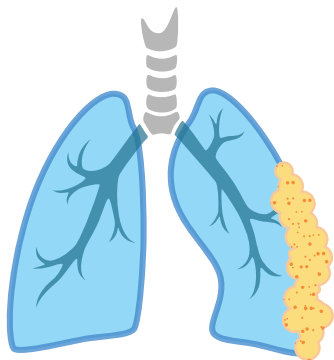
Mesothelioma Patients in Remission Underwent These Treatments



Treatments Undergone by Patients Who Didn't Have Mesothelioma Remission



Remission Rates by Mesothelioma Type



10%

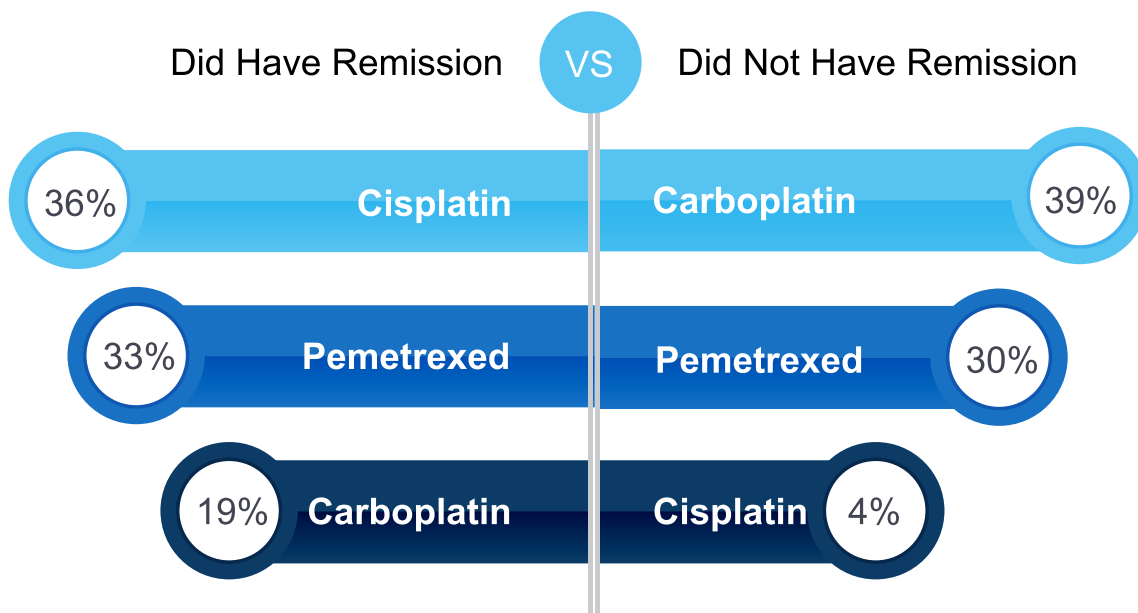
of pleural patients experienced remission.



21%

of peritoneal patients experienced remission.

Most Common Chemotherapy Drugs Based on Remission Status

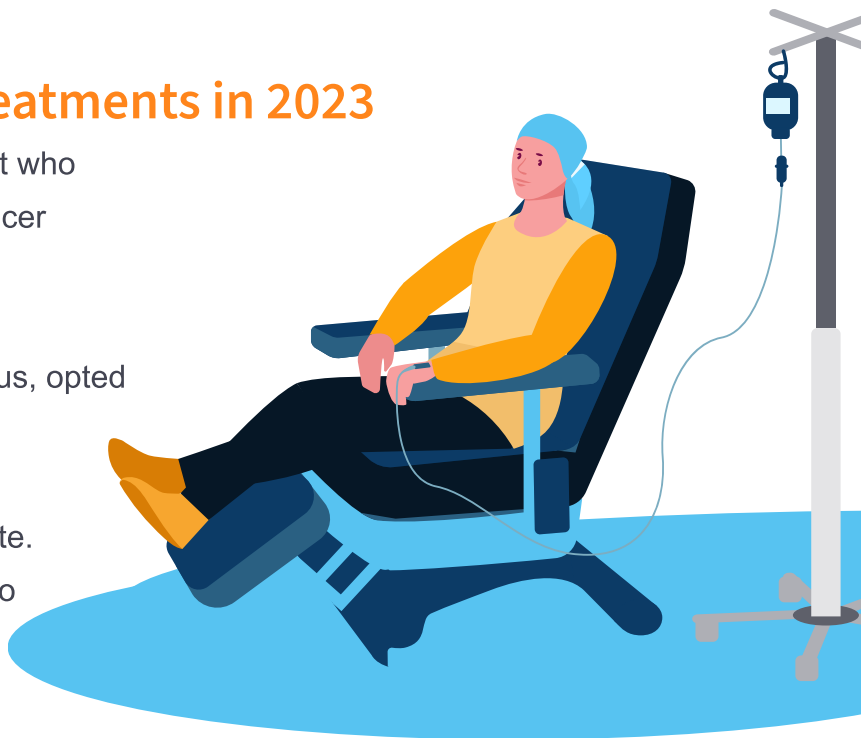


Most Common Mesothelioma Treatments in 2023

According to the survey, every mesothelioma patient who experienced remission underwent some form of cancer treatment. The majority, 32%, had chemotherapy.

Only 5% of all patients, regardless of remission status, opted for no treatment.

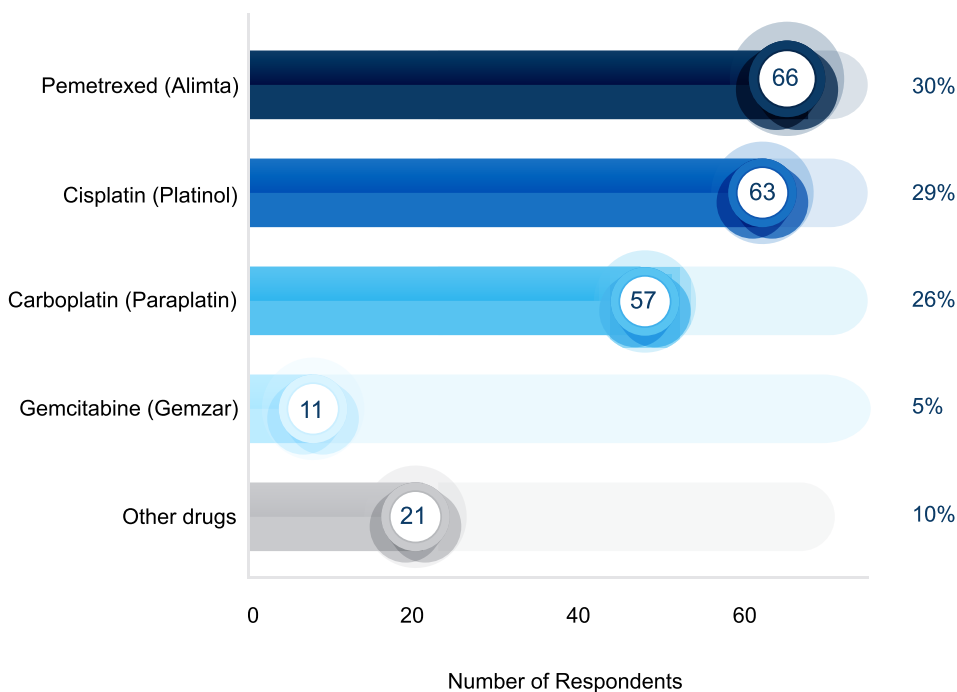
Cancer type was an important factor in remission rate. Peritoneal mesothelioma patients were more likely to experience remission (21%) compared to pleural mesothelioma patients (10%).



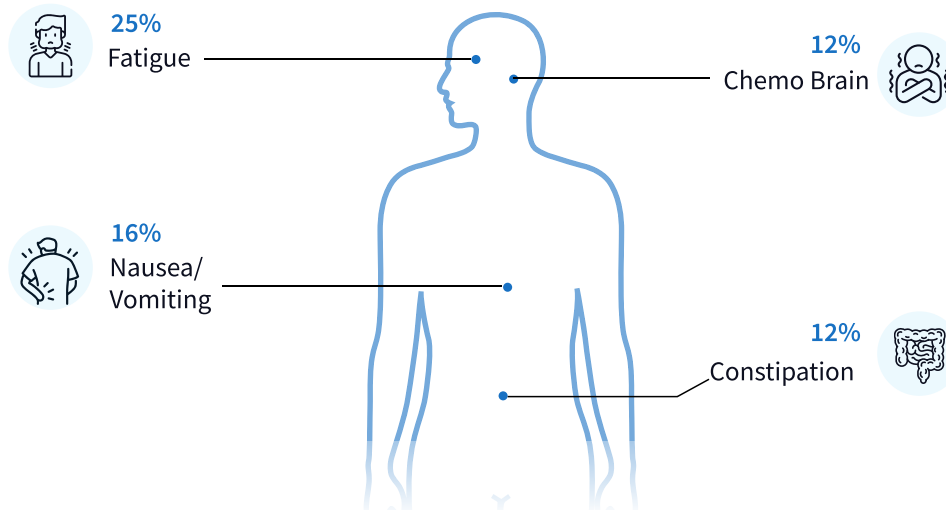
Chemotherapy

Chemotherapy is the most common treatment for mesothelioma patients, comprising 32% of responses. Chemotherapy usage was the same for those who did and did not experience remission: 32% in both groups.

Most Used Mesothelioma Chemotherapy Drugs



Most Common Side Effects of Mesothelioma Chemotherapy



The most common medications included the chemo drugs pemetrexed (Alimta) at 30% and cisplatin at 29%.



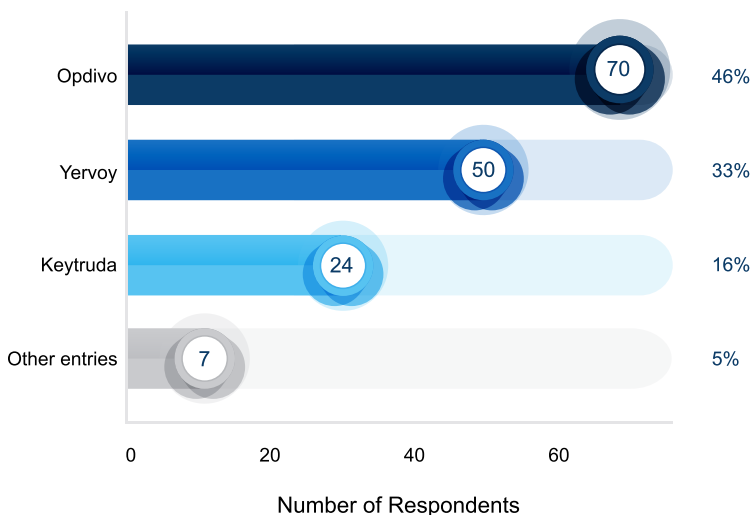
Cisplatin was **32%** more common with patients who had remission than those who didn't.

In February 2023, the U.S. Food and Drug Administration reported a supply shortage of cisplatin and carboplatin. The shortage has continued for several months, affecting more than 90% of cancer centers and forcing some providers to use more expensive or unapproved options.

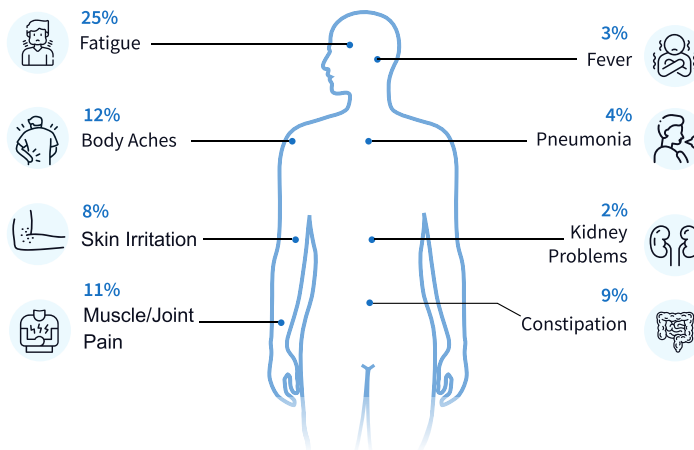
Immunotherapy

About a quarter of mesothelioma patients tried immunotherapy. Opdivo was the most common immunotherapy drug. Opdivo and Yervoy are the newest immunotherapy combination approved to treat mesothelioma. For the 82% of patients who did not experience remission, immunotherapy was 9% more common.

Most Used Mesothelioma Immunotherapy Drugs



Most Common Side Effects of Mesothelioma Immunotherapy



Immunotherapy is a more targeted treatment than chemotherapy. The drug tends only to affect areas where cancer is present. Side effects are often less severe and more reversible than those associated with chemo drugs.

The most common immunotherapy side effect was fatigue, reported by 25% of respondents. After tiredness, body aches and pain in muscles and joints were most frequent. Immunotherapy side effects are often less severe than chemotherapy side effects.

Surgery

According to the survey, 18% of mesothelioma patients had surgery. In the group who experienced remission, 25% underwent surgery. This number dropped by 9% among those who did not experience remission. Treatment options depend on patient eligibility. Invasive surgery may be too demanding for older patients or those with chronic illnesses.

Among patients who qualified for surgery, 1 in 4 opted not to have any surgery performed, despite the fact that surgery is closely correlated with mesothelioma remission.

Mesothelioma Surgery Quick Facts

40%

of pleural mesothelioma patients were eligible for surgery when first diagnosed.

54%

of peritoneal mesothelioma patients were eligible for surgery with HIPEC when first diagnosed.

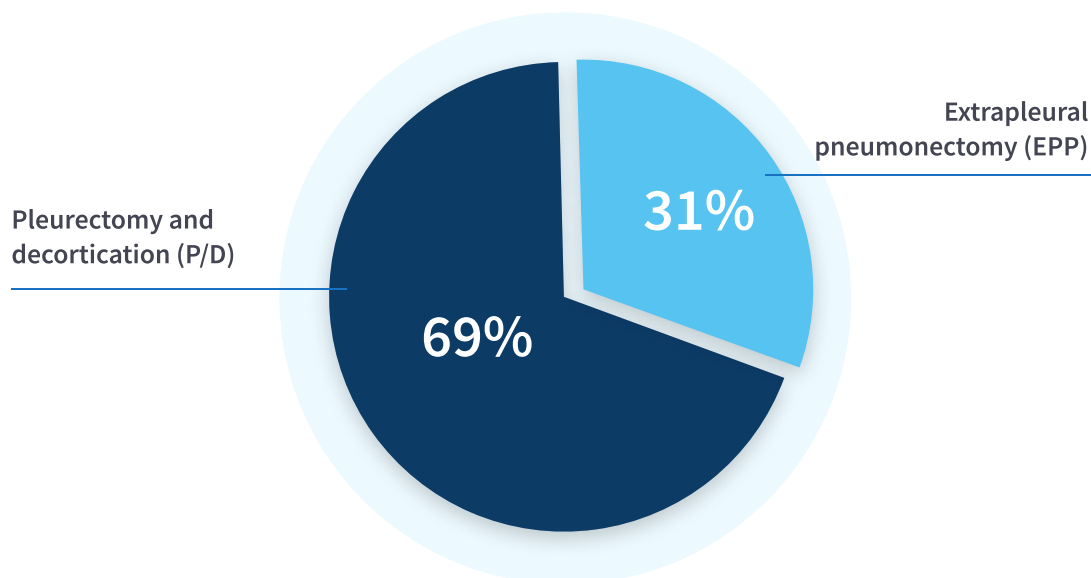
74%

of eligible patients underwent surgery.



Of those who underwent pleural mesothelioma surgery, 69% had a pleurectomy and decortication, or P/D, while 31% had an extrapleural pneumonectomy, also known as an EPP.

Most Popular Pleural Mesothelioma Surgery



Seeking or Not Seeking a Mesothelioma Specialist

Nearly one-third of patients did not seek a mesothelioma specialist, and more than 10% were unsure if they ever saw one. Many patients may be unaware of the need to see a specialist for this rare cancer. Those who only see a general oncologist often don't receive access to the latest treatments for mesothelioma.

Specialists include doctors from multiple specialties trained in mesothelioma, including oncologists, surgeons and radiologists. Seeking a specialist opens access to the latest and best treatments for mesothelioma, including novel therapies through clinical trials.

- 75% of mesothelioma patients who achieved remission saw a mesothelioma specialist.
- 31% did not see a specialist before treatment, and 11% were unsure if they did.

Getting a second opinion is essential for cancer patients. You should feel safe with your provider and trust that they offer the best options. That often means talking to two or more doctors at various cancer centers.

- 28% of patients only saw 1 doctor besides their primary care physician.
- 41% sought opinions from 2 doctors before starting their care.
- 27% spoke to 3 or more physicians before starting treatment.

A second opinion is vital because it lets you evaluate the pros and cons of working with specific cancer centers and their health care teams. If you're unsure about the care you receive, it could jeopardize your health.

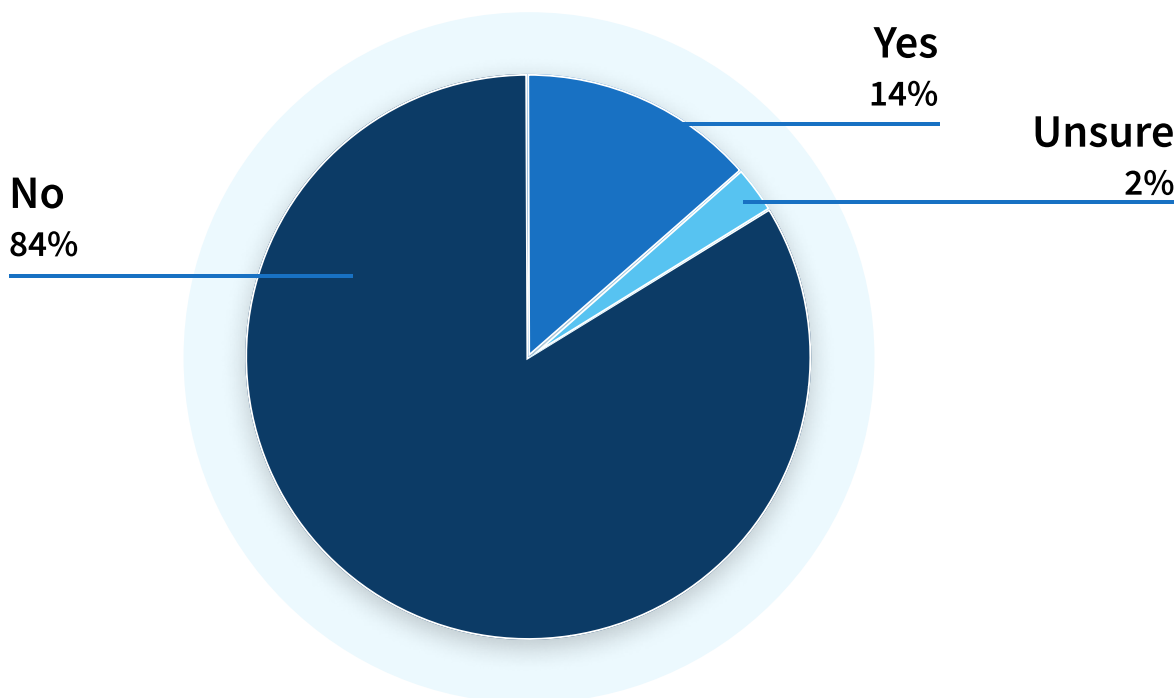


75% of mesothelioma patients who achieved remission got opinions from two or more doctors.

Participation in Mesothelioma Clinical Trials

A second opinion with a specialist is often the best way to gain access to mesothelioma clinical trials. Research trials offer the latest experimental therapies, but patient distance or treatment center availability can be limiting factors. Lack of awareness is another significant reason for low clinical trial participation.

Clinical Trial Participation



Only 14% said they or a loved one participated in a clinical trial. Low participation highlights the need for patients to see a mesothelioma specialist. Those participating in a clinical trial may or may not receive the experimental drug. However, participants always receive the highest quality care that is standard for treating mesothelioma.

Talking to multiple physicians opens up more opportunities for care through clinical trials. You'll have access to the newest treatments, such as proton radiation therapy, Tumor Treating Fields and the latest clinical trials.

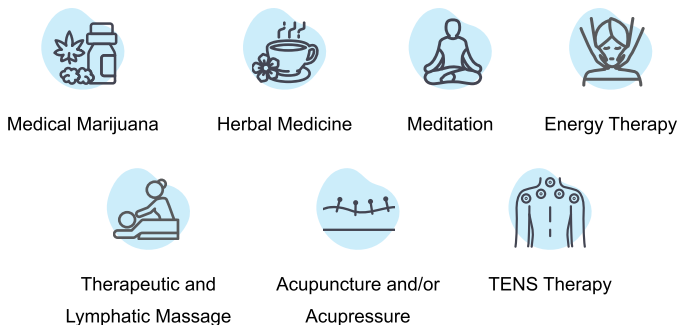
Younger Patients More Likely to Seek Alternative Treatments

Mesothelioma patients under age 50 are 30% more likely to seek alternative therapy than those in the 71-80 age bracket. The Centers for Disease Control and Prevention reports that most people receive a mesothelioma diagnosis between ages 75 and 84. Treatments such as medical marijuana, therapeutic massage and acupuncture appear more popular with younger people.

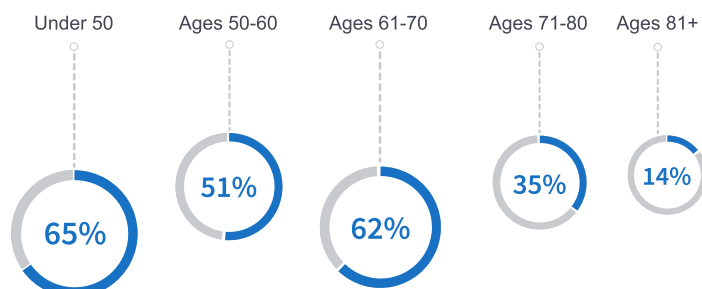


Only 14% of patients over the age of 81 stated they had tried any form of alternative therapy. Complementary and alternative treatments were most popular in the under-50 age group, with 65% of patients saying they had tried some form.

Most Popular Complementary and Alternative Treatments for Mesothelioma



Age Groups Most Likely to Seek Complementary and Alternative Therapy



About a quarter of respondents said they used either medical marijuana or herbal medicine. Transcutaneous electrical nerve stimulation (TENS) and energy therapy were the least common, with only 2% saying they had tried either. While some patients may find relief with these options, they are not substitutes for traditional medicine.

It's crucial to approach alternative medicine with a well-informed and cautious mindset. Some therapies may offer potential benefits, but consulting with a knowledgeable health care team is essential. Only they can ensure these options don't interfere with your treatment plan.

Most Common Alternative Treatment: Marijuana

Medical marijuana was most popular in the 61-70 age group, with 20% of mesothelioma patients saying they had tried it. For those 81 and older, about 7% of respondents used acupuncture (or acupressure) and 7% used CBD oil, the only two alternative treatments reported in this group.



While only **50%** of mesothelioma patients used complementary or alternative therapies, of those that did, **medical marijuana was the most popular option.**

Cannabis plants may have some anti-cancer benefits for mesothelioma patients. A 2022 research study published in the journal *Cancers* found that compounds derived from cannabis slowed the growth of human and rat mesothelioma cells in vitro. The researchers noted that survival rates in the rats did not increase, but further research could lead to more effective drug delivery methods in the future.

Despite High Mortality Rate, Only Half Seek Palliative Care

Palliative care focuses on relieving symptoms and improving quality of life. It's often less invasive than treatment that aims to cure disease and can be used alongside standard therapy. Our survey found that only 51% of pleural mesothelioma patients and 45% of peritoneal patients reported receiving palliative care in any form.



Examples of palliative care include bedside procedures, radiotherapy, chemotherapy and immunotherapy. A pleurocentesis can remove fluid in the chest. Palliative radiation therapy can slow the growth of tumors pressing on the lungs. Patients can often start palliative care simultaneously with traditional treatments to help control symptoms.



Only **48%** of mesothelioma patients received palliative care.

Palliative Care



Hospice Care

- ✓ Relieves symptoms
- ✓ Often occurs with traditional treatments
- ✓ Provides end-of-life care
- ✓ For terminally ill patients

Many people confuse palliative care with hospice services. While palliative care relieves symptoms, hospice provides end-of-life care for terminally ill patients. In our survey, 70% of people said they or their loved ones never received hospice care. Pleural mesothelioma patients were 17% more likely than peritoneal patients to use hospice.



Mesothelioma patients in hospice were **52%** more likely to receive palliative care, which directly correlates to a better quality of life.

When patients no longer respond to treatment, hospice can be a vital service. This type of care can make patients more comfortable through pain relief, dietary consults and end-of-life arrangements. Our Patient Advocates help patients, families and caregivers access the hospice resources they need for physical, emotional and spiritual support.

Key Takeaways

Examining the state of mesothelioma patients and treatment access in 2023 allows us to look forward and improve outcomes for the future. For patients who experienced remission, 25% underwent surgery, a significant increase of 7% compared to those who did not have remission. Cisplatin led to a 32% higher remission rate in the chemotherapy group.

Seeing a mesothelioma specialist leads to more treatment options and better outcomes, but roughly a third of patients surveyed did not see one. In 2024, encouraging more patients to see a specialist, receive palliative care and participate in clinical trials is the most likely path to improving mesothelioma prognosis and survival.

Our hope with this survey is to learn more about the experiences of mesothelioma patients and their loved ones.

Access to medical care and treatment options change every year. By leveraging our expertise and sharing our insights, we can keep the facts and figures up to date for the entire mesothelioma community.

How the Survey Was Conducted

As the nation's most trusted mesothelioma resource, half of the patients diagnosed in the United States come to The Mesothelioma Center for help. We have served those affected by asbestos exposure for nearly two decades and have a unique opportunity to contribute these new statistics for mesothelioma research.

The State of Mesothelioma: 2023 survey methodology

- We surveyed 223 respondents with a confirmed mesothelioma diagnosis or a loved one with a confirmed mesothelioma diagnosis.
- We included 20-plus questions in the survey and ran it between April and May 2023.
- We sent survey questions exclusively to people who have previously connected with The Mesothelioma Center.

We plan to run this survey annually to continue aiding the mesothelioma community with the latest statistics. Building upon meaningful data year after year is how we can create a robust and long-lasting resource for mesothelioma patients, their families, providers and caregivers.



If you or a loved one are dealing with a mesothelioma diagnosis and need help, our Patient Advocates are available to help you. Call us at:

855-924-7437

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