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WINTER 2014

Community and Ambulatory Research Enrollment [CARE]

Formerly Research Recruitment and Minority Outreach (RRMO)

Herbert Irving Comprehensive Cancer Center

Hand in Hand

THE CERVICAL CANCER VACCINE: HOW SCIENCE PROTECTS WOMEN

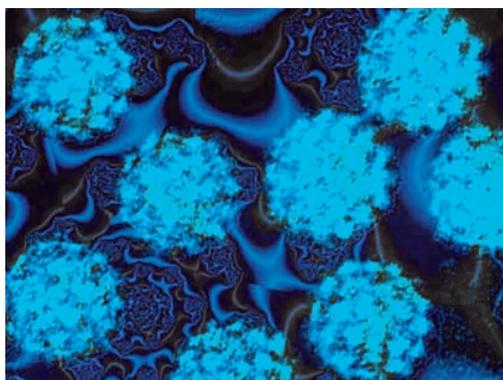
Since 2002

Human papilloma virus (**HPV**) is a common virus. It is spread person to person by skin contact during sexual activity. There are many different kinds of HPV. Each can cause different kinds of cancer like cancer of the cervix, vagina, penis, anus, and throat. About 12,000 women in the United States get cervical cancer each year and about 4,000 women die from this disease each year.

In the 1950s, HPV was first discovered by a Polish woman physician, Dr. Stefania Ginsburg-Jablonska. Through her research she showed that one kind of HPV caused skin cancer. Years later, in 1976, a team of physicians in Germany led by Dr. Harald zur Hausen, discovered two different types of HPV. In 1983 and 1984 they showed that these two types of HPV cause cervical cancer. Dr. zur Hausen won a Nobel Prize for this discovery in 2008.

In the 1980s, Dr. Nubia Munoz, a researcher from Colombia, did several international studies. She confirmed the role of HPV as the cause of cervical cancer. Her work provided the information that would be used by drug companies to create the vaccine Gardasil to prevent this disease. She was nominated for the Nobel Prize for her work.

The Food and Drug Administration (FDA) then performed a large study. They wanted to see if Gardasil could prevent cervical cancer and genital warts. More than 20,000 women participated in this vaccine study.



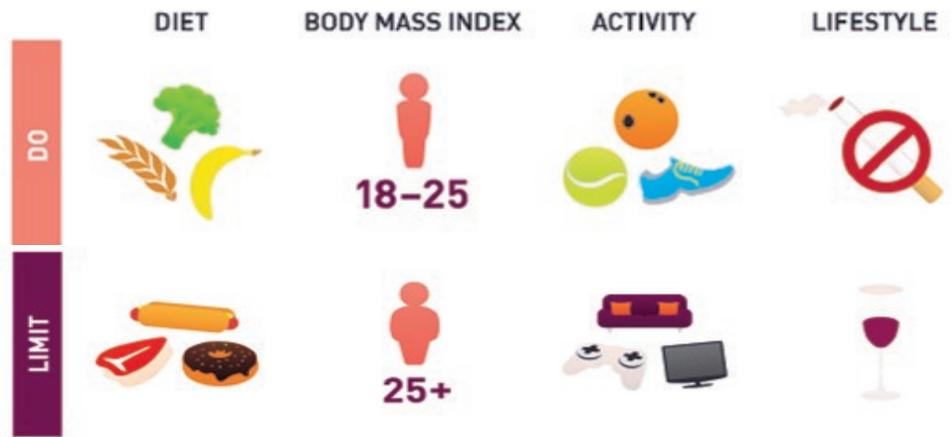
Electronmicrograph of human papilloma virus

This study demonstrated the “prophylactic efficacy” of the HPV vaccine. This means that the researchers were able to prove that the vaccine could protect women against the types of HPV that cause cervical cancer. Gardasil was approved by the FDA in 2006.

How Gardasil works is straightforward. Scientists in the laboratory were able to make a substance that “looks” like the 4 types of HPV that cause cervical cancer. This substance makes up the vaccine and cannot cause the disease. It is injected in the arm of girls and women 3 times over the course of 6 months. When the body “sees” this substance, it makes antibodies (chemicals in the body that kill germs) that destroy the virus-like substance introduced into the body by the vaccine. These antibodies then remain with the woman for a very long time. Every time the woman’s body is exposed to the types of HPV imitated in the vaccine, they are destroyed and no infection can happen. If there is no HPV infection, no cervical cancer can develop.

What you can do to reduce your colorectal cancer risk

- Increase the amount of grain, fresh fruits and vegetables you eat.
- Watch your weight and maintain a body mass index of 18-25.
- Be physically active.
- Stop smoking.
- Limit red meat and processed foods you eat (like sausage, bacon, hot dogs).
- Keep your body mass index below 25.
- Avoid activities where you sit for long periods of time (like watching television).
- Watch your alcohol intake.



* **BMI or Body Mass Index:** a measure to assess whether your weight is appropriate for your height. A BMI of 25 means your weight is too high for your height (and need to

The importance of biospecimens

Biospecimens are samples collected from the human body like saliva, urine, blood, and cells. People who agree to be part of a certain research studies may be asked to provide biospecimens. Biospecimens can be very important to research. They can be used to find ways to prevent and cure diseases.

Vaccines are used all over the world to prevent diseases. They are examples of why biospecimens are important to research. Gardasil is a new vaccine to prevent cervical cancer. Hepatitis vaccines prevent hepatitis A and B. These vaccines were created because people agreed to give their biospecimens for research.



Biospecimens can be collected by the researcher or the patients can collect it themselves. The researchers never know the name of the person who gave the specimen. When it is collected, the specimen is given a special code number. The researchers will still know important information about the donor like age and sex but do not know exactly who gave the specimen. These biospecimens are kept very cold and safe in a laboratory.

Community health workers have been working in Washington Heights and Inwood to teach people about colorectal cancer. Since 2010 community health workers have spoken to nearly 400 people. They teach people what they can do to lower the chances of getting this disease. The community health workers also tell people how to get a screening test to catch the disease early. In cooperation with 3 community-based organizations, 15 community health workers are being trained about how to speak with people in the neighborhood about the importance of biospecimens in research.



VACCINES TO PREVENT CANCER

Advisory Committee on Immunization Practices (ACIP) at the Centers for Disease Control and Prevention (CDC) is a group of medical experts that creates the recommendations for vaccinations used by doctors around the country.

HPV Vaccine for the prevention of cervical cancer:

The Advisory Committee on Immunization Practices (ACIP) recommends that the HPV vaccine be given to girls when they are 11 or 12 years old. The vaccine can be started as early as 9 years of age. The vaccine is also recommended for older girls and women between the ages of 13 and 26 years of age. Older girls and women can get the HPV vaccine if they have not gotten it yet or if they did not get all three shots when they were younger.

The ACIP also recommends vaccinating boys beginning at ages 11 or 12 to prevent HPV infection. Boys and men between the ages of 13 and 26 can also get the vaccine. The purpose of the vaccinating young girls and boys is to prevent future infections with HPV after they become sexually active.



The vaccine does not treat or cure an existing HPV infection.

The HPV vaccine is given in a three-dose series of injections into the arm muscle. The second dose should be given 2 months after the first dose and the last dose at 6 months after the first.

Women who have been vaccinated still need to have periodic tests for cancer screening (Pap tests). Although the vaccine protects against the most common types of HPV known to cause cervical cancer, it does not protect against all types of HPV. For this reason it is important to remain vigilant.

RESEARCH STUDIES

Much of what is known today about the safety of medicines and medical procedures has come from research designed to answer important scientific and healthcare questions. The Herbert Irving Comprehensive Cancer Center is currently recruiting and enrolling patients into several research studies involving depression and breast cancer.

Study Name	Study Purpose
Community and Ambulatory Research Enrollment (CARE) Shared Resource Database	A National Cancer Institute funded project that enables us to identify studies that might be of interest to you and keep you informed about our activities relating to cancer, cancer research and cancer prevention. Please call (212) 342-5162 or (212) 342-0028.
Herbert Irving Comprehensive Cancer Center (HICCC) breast cancer registry	To gather and organize information about breast cancer to better understand potential causes and how to prevent and improve treatment. Please call (212) 342-0028.
Pancreatic Cancer Registry	To create a registry and bio specimen bank for individuals with pancreatic cancer and related pancreatic diseases or patients at high risk for developing pancreatic cancer. Please call (212) 305-9809.



COMMUNITY OUTREACH

If you want to learn more about colorectal cancer and the importance of screening, please call 212.304.5705.

For more information, community health educators are available at:

- Broadway Housing Communities
212.568.2030 ext. 216
- Dominican Women Development Center
212.740.1929
- Northern Manhattan Improvement Corporation
212.822.8319

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UPCOMING EVENTS

Colorectal Cancer Awareness Day
March 15, 2014
1:15 PM—4:00 PM

Vivian and Seymour Milstein Family Health Center
Myrna L. Daniels Auditorium
173 Fort Washington Avenue, NYC

Join experts at New York Presbyterian/ Columbia University Medical Center for an afternoon of learning and sharing. Discussions will include:

- Colorectal cancer risk factors
- Screening and early detection
- Treatment options



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