


04-27-09 Prevention Vaccines Excerpt



American Indian and Alaska
Native Cancer Prevention
Regional Seminar

Vaccines and Cancer
Prevention


Native Navigators and the Cancer
Continuum (NNACC)
(NCMHD R24MD002811)

OBJECTIVE

By the end of this session, the learner will be able to:

1. Distinguish between fact and fallacies related to cancer vaccines and protective measures.

Female Reproductive System



- The uterus or womb is located below your stomach.
- The cervix is located in the lower portion of the womb.
- The cervix opens into the vagina which leads to the outside of the body.


HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295, <http://www.NatAmCancer.org>

What is cervix cancer?

- Cancer (malignant) cells forming in the cervix (the lower part of the womb)
- NOTE: "Cancer of the womb" (uterus / endometrium) is not the same as "cervical cancer"
- "in situ" is *pre-cancerous* -- the cells have not become cancer cells yet
- "Dysplasia" is also *pre-cancerous*

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295, <http://www.NatAmCancer.org>

Will I get Cervix Cancer?



- This is not the type of cancer that is inherited from your parents
- There are many "risk factors" that may result in cervical cancer

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295, <http://www.NatAmCancer.org>

The shield in these slides represents your protection (shield of health) against things that may make you more susceptible to cancer (cancer risks)


The larger the holes and the more number of holes in the shield, the less likely it is to protect you from cancer or other health problems




NOTE: the web page version is animated for breast and CRC



04-27-09 Prevention Vaccines Excerpt



- The woman's "shield" of protection against cervix cancer may include daily physical activity, healthy, low fat, limit tobacco to ceremonial use only, and so on
- What does this shield tell you about this woman's cancer risks?



Cancer risks that "damage" her shield of protection include:

1. Early age at first intercourse (16 years old or younger)
2. More than 5 different sexual partners in your whole life
3. Having sex with partners who have had many sexual partners
4. Sexually transmitted diseases (HPV -human papilloma virus) which may also cause genital warts
5. Herpes virus
6. HIV infection
7. Exposure to cigarette smoke (smoking and second hand smoke)
8. Giving birth to more than 4 children
9. Long term use of oral contraceptives
10. Diets low in carotene, Vitamins C and E

How can I Avoid HPV infection?

- Most people will get HPV if they have more than 5 sexual partners over their life-times
- Some women get genital warts, but others have *no* symptoms or may not even know they have it
- There are between 70 - 100 different types / strains of HPV

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295, <http://www.NatAmCancer.org>

HPV (Human Papillomavirus)

- Only about 12-25 types of these strains cause cervix cancer
- HPV Types 16 and 18 are present in most cervix tumors
- Both of the current HPV vaccines include HPV types 16 and 18
- But, about 30% of Northern Plains women with cervix cancer have HPV, but NOT types 16 and 18

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295, <http://www.NatAmCancer.org>

HPV (Human Papillomavirus)

- The genetic test is on the tumor and virus, NOT on the woman's genes!
- The HPV vaccine is likely to eliminate most cervix cancer, but it is not a cure-all
- Females still need to practice good behaviors that help prevent cervix cancer

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295, <http://www.NatAmCancer.org>

HPV Vaccine

- Currently recommended for girls between the ages of 10-12 (but may be given to 9 year old)
- Given in a series of 3 shots

 - Month 0, 2, and 6
 - The girl is not protected if the full series is not completed
- Costs between \$360 to \$600


HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295, <http://www.NatAmCancer.org>



04-27-09 Prevention Vaccines Excerpt

How can I help myself?

- ☞ Talk with your provider about whether or not the HPV vaccine is appropriate for you (still not a cure-all)
- ☞ Get a Pap test every year or as often as your provider suggests
- ☞ If you have a sexually transmitted disease (STD), get treatment



HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 13

Hepatitis B Virus Vaccine

- ☞ Approved by the FDA
- ☞ Hepatitis B and C viruses can cause liver cancers
- ☞ Patients with both hepatitis B and hepatitis C infection who consume more than 80 grams of alcohol per day have an increased risk of developing cancer (odds ratio [OR] = 7.3) when compared to patients who abstain from alcohol.^[9]
- ☞ Having a first-degree relative with hepatitis B plus hepatocellular carcinoma is associated with an increased risk (OR = 2.41) for family members who are hepatitis B carriers
- ☞ Some villages in Alaska have majority of Natives infected with hepatitis B and/or C

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 14

Burkitt lymphoma (BER-kit lim-FOH-muh)

- ☞ Is a fast-growing type of B-cell non-Hodgkin lymphoma
- ☞ Occurs most often in children and teens
- ☞ Affects the jaw, central nervous system, bowel, kidneys, ovaries or other organs.

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 15

Epstein-Barr Virus (EBV)

- ☞ Spreads through intimate contact (saliva)
 - ☞ EBV is not commonly spread through the air or in the blood
 - ☞ But most people get EBV during their lifetime
 - ☞ Currently there are no effective preventive measures against EBV
- ☞ Is found in ~20% of all Burkitt lymphoma cases in the US
 - ☞ EBV does cause mononucleosis (mono) in 35-50% of teens if exposed to it while in their teens

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 16

Interactive Activity

- ☞ Because many people know about HPV and the new vaccines, we do not want to waste your time discussing items you already know.
- ☞ The information card game is a way to review what you already know and about which you want more clarification or information.

HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 17

Interactive Activity

- ☞ Please form groups of about 5 people each.
- ☞ Each group has a set of cards with single statements about vaccines and other preventive issues on each card.
- ☞ Pass out all of the cards.
- ☞ One person from your group will have both information statement cards and a card that has all of the answers.


HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 18



04-27-09 Prevention Vaccines Excerpt


Interactive Activity

- 1 The individual who has statement #1 begins by reading the statement to the group.
- 2 The group decides if the answer is “true” or “false”.
- 3 If the person holding the card disagrees with the group consensus, his/her answer is the one that counts for the group.

 HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 19


Interactive Activity

- 1 The individual who has the card with the answers verifies whether the answer to the statement is correct.
- 2 If the answer is incorrect, the item number is written on a separate sheet of paper
- 3 If the answer is correct, but members of the group want to clarify or get more information about the statement, the item number is written on a separate sheet of paper

 HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 20


Interactive Activity

- 1 After your small group completes all of the items, please take a break until all of the small groups finish reviewing all of the statements.
- 2 After all of the small groups are done, only those items that are written on the separate sheet of paper will be discussed with the entire group.
- 3 **NOTE:** There are a few items that are “wishy-washy” and your small group should have those items on the

 HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 21

Interactive Activity

- 1 **NOTE:** There are a few items that are “wishy-washy” and your small group should have those items on the separate sheet of paper.
- 2 **QUESTION:** Do you wait until your small group has reviewed all of the items before you check whether the answers are correct or incorrect?
- 3 **No.** You check the answers immediately following the discussion of each item

 HPV, EBV, Burkitt Lymphoma
Native American Cancer Research 800-537-8295; <http://www.NatAmCancer.org> 22

