

# Contents

<b>1</b>	<b>Introduction to Cancer Prevention</b> . . . . .	<b>1</b>
	D.S. Alberts, L.M. Hess	
1.1	Summary of Changes to Second Edition . . . . .	3
1.2	Overview of Cancer Prevention . . . . .	4
1.2.1	Primary Prevention. . . . .	5
1.2.2	Secondary Prevention. . . . .	6
1.2.3	Tertiary Prevention. . . . .	6
1.3	Multi-Step Carcinogenesis Pathway. . . . .	7
1.4	Cancer Prevention Research. . . . .	8
	References . . . . .	11
<b>2</b>	<b>Assessing Human and Economic Benefits of Cancer Prevention</b> . . . . .	<b>13</b>
	S.J. Coons, B.M. Craig	
2.1	Outcomes Assessment . . . . .	13
2.2	Humanistic Outcomes . . . . .	14
2.3	Measuring Health-Related Quality of Life and Other Patient-Reported Outcomes . . . . .	15
2.3.1	Specific Measures . . . . .	16
2.3.2	Generic or General Measures. . . . .	18
2.4	Economic Outcomes and Cancer . . . . .	20
2.5	Defining and Measuring Economic Outcomes . . . . .	21
2.6	Evaluative and Descriptive Analyses in Cancer Prevention. . . . .	23

2.7	Conclusion .....	26
	References .....	26
<b>3</b>	<b>The Role of Diet, Physical Activity and Body Composition in Cancer Prevention</b> .....	<b>31</b>
	C.A. Thomson, Z. Chen	
3.1	Introduction .....	31
3.2	Recommendations for Cancer Prevention: Body Weight, Diet, and Physical Activity .....	32
3.3	Diet and Cancer Prevention: Review of Evidence .....	33
3.4	Clearing the Muddied Waters: The Need for Improved Study Designs .....	36
3.5	Physical Activity and Cancer Prevention .....	38
3.6	Body Weight and Body Composition and Cancer Prevention .....	41
3.7	Lifestyle and Cancer Survivorship .....	43
3.8	Body Weight and Cancer Survival .....	44
3.9	Survivorship and Diet .....	45
3.10	Physical Activity and Cancer Survivorship .....	47
3.11	Optimizing Bone Health .....	49
3.12	Mechanisms of Carcinogenesis Modified by Lifestyle Factors .....	53
3.13	Biological Mechanisms by Which Physical Activity May Reduce Cancer Risk .....	58
3.14	Advancing the Guidelines for Cancer Preventive Lifestyle .....	60
3.15	Tools for Research and Clinical Practice .....	62
3.16	Measuring Diet .....	62
3.17	Assessment of Physical Activity and Energy Expenditure .....	64
3.18	Measurement of Body Composition .....	66
3.19	Measurement of Bone Health .....	68
3.20	Conclusion .....	69
	References .....	71
<b>4</b>	<b>Innate and Adaptive Immune Responses to Cancer</b> .....	<b>79</b>
	K.T. Hastings	
4.1	Importance of the Immune System in Cancer Prevention .....	79
4.2	Innate Immune Responses to Cancer .....	81
4.2.1	Natural Killer Cells .....	82
4.2.2	Gamma-Delta T Cells .....	83
4.2.3	Phagocytes .....	85
4.2.4	Cytokines .....	86
4.3	Adaptive Immune Response .....	89
4.3.1	Recognition of Tumor Antigens .....	89
4.3.2	Tumor Antigens .....	90

---

4.3.3	T Lymphocytes . . . . .	95
4.3.4	B Lymphocytes . . . . .	97
4.3.5	Cytokines . . . . .	98
4.4	Immunotherapy for Cancer Prevention . . . . .	101
	References . . . . .	102
<b>5</b>	<b>Hereditary Risk for Cancer . . . . .</b>	<b>109</b>
	K.S. Hunt, J.A. Ray	
5.1	Cancer as a Genetic Disorder . . . . .	109
5.1.1	Molecular Genetics . . . . .	109
5.1.2	Tumor Suppressor Genes . . . . .	110
5.1.3	Oncogenes . . . . .	111
5.1.4	DNA Repair Genes . . . . .	111
5.2	Epigenetic Mechanisms . . . . .	112
5.3	Cancer as a Hereditary Disease . . . . .	112
5.4	Common Hereditary Cancer Syndromes . . . . .	114
5.4.1	Hereditary Breast and Ovarian Cancer . . . . .	114
5.4.2	Cowden Syndrome . . . . .	116
5.4.3	Li Fraumeni Syndrome . . . . .	117
5.4.4	CHEK2 . . . . .	117
5.4.5	Ataxia-Telangiectasis . . . . .	118
5.4.6	Hereditary Nonpolyposis Colorectal Cancer . . . . .	118
5.4.7	Familial Adenomatous Polyposis . . . . .	120
5.4.8	Attenuated Familial Adenomatous Polyposis . . . . .	120
5.4.9	Peutz–Jeghers Syndrome . . . . .	121
5.4.10	Hereditary Diffuse Gastric Cancer . . . . .	121
5.5	Genetic Counseling . . . . .	121
5.5.1	Cancer Risk Assessment Models . . . . .	122
5.5.2	Epidemiologic Models of Breast Cancer Risk . . . . .	123
5.5.3	Genetic Testing Models . . . . .	123
5.5.4	Informed Consent Prior to Genetic Testing . . . . .	124
5.6	Genetic Testing . . . . .	125
5.6.1	Genetic Testing for Hereditary Breast and Ovarian Cancer . . . . .	125
5.6.2	Genetic Testing for Hereditary Nonpolyposis Colon Cancer . . . . .	126
5.6.3	Genetic Testing for Familial Adenomatous Polyposis . . . . .	127
5.6.4	Genetic Testing for Attenuated FAP . . . . .	127
5.7	Cancer Screening, Surveillance and Prophylactic Management for Hereditary Cancer Syndromes . . . . .	128
5.7.1	Prevention Strategies for Hereditary Breast/Ovarian Cancer . . . . .	128
5.7.2	Prevention Strategies for Hereditary Colorectal Cancer Syndromes . . . . .	129
5.7.3	Prophylactic Surgery . . . . .	130
5.7.4	Chemoprevention . . . . .	130
5.8	Conclusion . . . . .	131
	References . . . . .	131

<b>6</b>	<b>Human Categories and Health: The Power of the Concept of Ethnicity</b> . . . . .	137
	K. Coe, C.T. Palmer	
6.1	Introduction . . . . .	137
6.2	Background . . . . .	138
6.3	Race and the Failure of Attempts to Define Ethnicity . . . . .	139
6.4	The Interactive View of Human Development . . . . .	142
6.4.1	Biologic, Genetic and Environmental . . . . .	142
6.4.2	Learned and Innate . . . . .	143
6.4.3	Heritability and Inheritable . . . . .	143
6.4.4	Cultural . . . . .	144
6.4.5	Traditional . . . . .	144
6.5	The Interactive View of Development and Health . . . . .	145
6.6	Identifying Ethnicity Using Proxy Measures . . . . .	149
6.7	Ethnicity and Health . . . . .	150
6.8	Applications to Disparity Research . . . . .	152
6.9	Conclusion . . . . .	154
	References . . . . .	155
<b>7</b>	<b>Complementary and Alternative Approaches to Cancer Prevention</b> . . . . .	159
	L.K. Larkey, H. Greenlee, L.E. Mehl-Madrona	
7.1	CAM and Cancer Prevention Research . . . . .	160
7.2	Botanical Agents: Foods, Spices, and Herbs . . . . .	161
7.2.1	Curcumin . . . . .	162
7.2.2	Green Tea . . . . .	163
7.2.3	Immune Modulating Mushrooms . . . . .	163
7.2.4	Ginseng . . . . .	164
7.2.5	Flaxseed . . . . .	165
7.3	The Mind–Body Connection . . . . .	165
7.3.1	Coping and Immunity . . . . .	166
7.3.2	Psychological States, Interventions, and Cancer . . . . .	167
7.3.3	Wellness . . . . .	169
7.4	Indigenous Cultural Systems of Healing . . . . .	171
7.4.1	Ayurveda . . . . .	172
7.4.2	Native American Healing Traditions . . . . .	173
7.4.3	Energy Medicine . . . . .	174
7.5	Conclusions . . . . .	178
	References . . . . .	180
<b>8</b>	<b>Telemedicine in Cancer Prevention</b> . . . . .	191
	A.M. Lopez, L. Kreykes	
8.1	What is Telemedicine? . . . . .	191
8.2	Telemedicine in Cancer Care . . . . .	192
8.3	Primary Cancer Prevention . . . . .	193

---

8.3.1	Smoking Prevention . . . . .	193
8.3.2	Nutrition Counseling . . . . .	193
8.3.3	Exercise Education . . . . .	194
8.3.4	Genetic Counseling . . . . .	195
8.3.5	Psychosocial Support . . . . .	196
8.4	Secondary Prevention . . . . .	196
8.4.1	Breast Cancer . . . . .	196
8.4.2	Cervical Cancer . . . . .	197
8.4.3	Skin Cancer . . . . .	198
8.4.4	Colorectal Cancer . . . . .	199
8.4.5	Prostate Cancer . . . . .	200
8.4.6	Telepathology . . . . .	201
8.5	Educating the Community Health Worker . . . . .	201
8.6	Future Directions . . . . .	202
	References . . . . .	202
<b>9</b>	<b>The Drug Development Process . . . . .</b>	<b>205</b>
	N.E. McKenzie	
9.1	Selecting New Molecular Entities for Development as Chemopreventive Agents . . . . .	206
9.2	Regulatory Requirements and the US Food and Drug Administration . . . . .	207
9.3	The Investigational New Drug Application . . . . .	208
9.4	Phases of Clinical Research . . . . .	210
9.5	Good Clinical Practice . . . . .	211
9.6	The New Drug Application . . . . .	212
9.7	Conclusion . . . . .	212
	References . . . . .	213
<b>10</b>	<b>Developing Topical Prodrugs for Skin Cancer Prevention . . . . .</b>	<b>215</b>
	E.L. Jacobson, H. Kim, M. Kim, G.T. Wondrak, M.K. Jacobson	
10.1	Strategies for Intervention . . . . .	216
10.2	Strategy 1: Preventing DNA Damage . . . . .	217
10.3	Strategy 2: Enhancing DNA Repair . . . . .	221
10.4	Strategy 3: Preventing Photoimmune Suppression . . . . .	222
10.5	Strategy 4: Enhancing the Epidermal Barrier . . . . .	223
10.6	Innovative Agents for Skin Cancer Prevention are Needed . . . . .	224
10.7	Topical Delivery: The Cornerstone of a Skin Damage Prevention Strategy . . . . .	225
10.8	Developing a Niacin Prodrug as a Potential Skin Cancer Prevention Agent . . . . .	228
10.9	Clinical Development of Tetradecyl Nicotinate (Nia-114) . . . . .	231
10.10	Summary . . . . .	233
	References . . . . .	234

<b>11</b>	<b>Skin Cancer Prevention</b> .....	239
	M. Lloria-Prevatt, D.S. Alberts	
11.1	Epidemiology of Skin Cancer .....	239
11.2	Risk Factors .....	241
11.2.1	Ultraviolet Radiation Exposure .....	241
11.2.2	Other Risk Factors .....	242
11.2.3	Genetic Alterations in NMSC .....	243
11.2.4	Genetic Alterations in Melanoma .....	244
11.3	Screening and Early Detection .....	245
11.4	Prevention of Skin Cancer .....	246
11.4.1	Primary Prevention .....	246
11.4.2	Secondary Prevention .....	248
11.4.3	Targeting Precursor Lesions for Chemoprevention .....	249
11.4.4	Molecular Targets for Chemoprevention Identified in UVR Signaling Pathways .....	251
11.4.5	Animal Models for Studying Chemoprevention Agents .....	257
11.4.6	Endpoints for Evaluating Efficacy of Chemoprevention Agents .....	258
11.4.7	Potential Chemoprevention Agents for Skin Cancer .....	262
11.5	Conclusion .....	274
	References .....	275
<b>12</b>	<b>Colorectal Cancer Prevention</b> .....	291
	A. Ismail, E. Gerner, P. Lance	
12.1	Epidemiology .....	292
12.2	Risk Factors .....	293
12.2.1	Physical Activity .....	293
12.2.2	Family History of Colorectal Adenoma or Colorectal Carcinoma .....	293
12.2.3	Inflammatory Bowel Disease .....	294
12.2.4	Other Risk Factors .....	294
12.3	Screening and Early Detection .....	295
12.3.1	Fecal Occult Blood Test (FOBT) .....	296
12.3.2	Flexible Sigmoidoscopy .....	297
12.3.3	Barium Enema .....	299
12.3.4	Colonoscopy .....	299
12.3.5	History of CRAs or CRC .....	300
12.3.6	Inflammatory Bowel Disease .....	300
12.3.7	FAP and HNPCC Kindreds .....	301
12.3.8	First-Degree Relatives of People with CRAs or CRCs .....	301
12.3.9	Emerging Screening Tests .....	301
12.3.9.1	Fecal DNA .....	301
12.3.9.2	Virtual Colonoscopy .....	302
12.4	Chemoprevention .....	303

---

12.4.1	Fiber	303
12.4.2	Folate	304
12.4.3	Polymorphisms are Alternative Alleles of a Gene	304
12.4.4	Calcium	305
12.4.5	Selenium	305
12.4.6	Aspirin and Non-Steroidal Anti-Inflammatory Drugs	305
12.4.7	Ursodeoxycholic Acid	306
12.4.8	Current Status of CRC Chemoprevention	307
	References	308
<b>13</b>	<b>Lung Cancer Prevention</b>	<b>313</b>
	I. Hakim, L. Garland	
13.1	The Epidemiology of Lung Cancer	313
13.1.2	Trends in Tobacco Use in the United States	313
13.1.3	The Narrowing of the Gender Gap in Smoking Prevalence	314
13.1.4	Demographic Variables and Tobacco Use	315
13.2	Etiology of Lung Carcinogenesis	317
13.2.1	Oxidative Damage	317
13.3	Cell Proliferation and Lung Carcinogenesis	319
13.4	Apoptosis and Lung Carcinogenesis	320
13.5	Genetic Factors in Carcinogen Metabolism	320
13.6	DNA Hypermethylation and Lung Carcinogenesis	321
13.7	Risk Factors for Lung Cancer	322
13.7.1	Tobacco Products	322
13.7.2	Environmental Exposures	324
13.7.3	Family History	325
13.7.4	Genetic Susceptibility	326
13.8	Screening for Early Detection	327
13.8.1	Preneoplasia and Intraepithelial Neoplasia	327
13.8.2	Standard Chest X-Rays and Sputum Cytology	328
13.8.3	Helical Computed Tomography	328
13.8.4	National Early Detection Initiatives	329
13.9	Chemoprevention	330
13.9.1	Chemopreventive Agents Under Investigation	330
13.9.2	Dietary Supplements	332
13.9.3	Selenium	333
13.9.4	Tea and Derivatives	335
13.10	Conclusion	336
	References	337
<b>14</b>	<b>Breast Cancer Prevention</b>	<b>347</b>
	P.A. Thompson, A.T. Stopeck	
14.1	Introduction	347
14.2	Etiology	348

14.3	Changing Patterns of Breast Cancer Incidence .....	348
14.4	Established Breast Cancer Risk Factors .....	351
14.4.1	Age, Gender and Breast Cancer Risk .....	352
14.4.2	Family History of Breast Cancer .....	353
14.4.3	Reproductive Risk Factors .....	355
14.4.4	Endogenous Hormone Exposures .....	356
14.4.5	Exogenous Hormone Exposures .....	357
14.5	Prior Breast Health History .....	359
14.6	Lifestyle Risk Factors .....	361
14.7	Risk Factors and Tumor Subtypes .....	361
14.8	Emerging Breast Cancer Risk Factors for Patient Management. . . .	362
14.9	Environmental Risk Factors .....	363
14.10	Screening and Early Detection .....	363
14.11	Breast Self Exam (BSE) and Clinical Breast Exam (CBE) .....	364
14.12	Mammography .....	364
14.13	Alternative Screening Modalities and Future Directions .....	365
14.14	Primary Prevention of Breast Cancer .....	366
14.15	Chemoprevention .....	367
14.15.1	Selective Estrogen Receptor Modulators (Serms) .....	367
14.15.2	Aromatase Inhibitors .....	368
14.15.3	Retinoids .....	371
14.15.4	Non-Steroidal Anti-Inflammatory Drugs (Nsaid)s .....	371
14.15.5	Other Agents .....	372
14.16	Risk Assessment and Clinical Applications .....	372
14.16.1	Elevated Risk .....	372
14.16.2	Risk Assessment Models .....	373
14.17	Conclusion .....	375
	References .....	376
<b>15</b>	<b>Prostate Cancer Prevention</b> .....	<b>387</b>
	S. Stratton, F. Ahmann	
15.1	Prevention of Prostate Carcinogenesis .....	387
15.2	Epidemiology and Risk Factors .....	389
15.3	Risk Factors .....	390
15.4	Screening .....	393
15.5	Molecular Markers of Prostate Carcinogenesis .....	394
15.6	Prevention Strategies .....	401
15.6.1	Androgen Inhibitors .....	401
15.6.2	Selenium and Vitamin E .....	402
15.6.3	Soy Isoflavones .....	405
15.6.4	Cox-2 Inhibitors .....	407
15.6.5	Milk Thistle .....	408
15.6.6	Saw Palmetto .....	409
15.6.7	Resveratrol .....	410

---

15.7	Conclusion .....	410
	References .....	413
<b>16</b>	<b>Cervical Cancer Prevention</b> .....	<b>423</b>
	F. Garcia, T. Nuno, A.L. Mitchell	
16.1	Incidence and Mortality of Cervical Cancer .....	423
16.2	Etiology of Cervical Cancer .....	424
16.3	Natural History of Cervical Cancer .....	425
16.4	Co-Factors for Cervical Cancer .....	427
16.5	Viral Persistence .....	428
16.6	Screening and Early Detection of Cervical Cancer .....	429
16.6.1	Cytologic Screening .....	429
16.6.2	HPV Testing .....	431
16.7	Therapeutic Approach to Precursor Lesions of Cervical Cancer ....	432
16.8	Novel Agents for Cervical Cancer Prevention .....	433
16.8.1	Chemopreventive Agents .....	433
16.8.2	Therapeutic Vaccines .....	434
16.8.3	HPV Prophylactic Vaccines .....	435
16.9	Conclusion .....	438
	References .....	438
<b>17</b>	<b>Ovarian Cancer Prevention</b> .....	<b>447</b>
	S.K. Chambers, L.M. Hess	
17.1	Epidemiology .....	447
17.2	Histopathology .....	449
17.3	Risk Factors for Epithelial Ovarian Cancer .....	450
17.4	Early Detection and Prevention of Ovarian Cancer .....	457
17.5	Chemoprevention of Ovarian Cancer .....	462
17.6	Quality of Life .....	463
17.7	Conclusion .....	467
	References .....	467
<b>18</b>	<b>Endometrial Cancer Prevention</b> .....	<b>475</b>
	F. Garcia, S.K. Chambers	
18.1	Epidemiology of Endometrial Cancer .....	475
18.2	Types of Endometrial Cancer .....	476
18.3	Risk Factors for Endometrial Cancer .....	478
18.4	Genetic Factors in Endometrial Cancer .....	483
18.5	Screening and Early Detection of Endometrial Cancer .....	486
18.6	Conclusion .....	488
	References .....	488

---

<b>19 Cancer Survivorship</b> .....	495
R. Krouse, N.M. Aziz	
19.1 Prevalence .....	496
19.2 Survivorship as a Scientific Discipline .....	498
19.3 Prevention .....	498
19.4 Smoking Cessation .....	499
19.5 Acute Effects of Treatment .....	500
19.5.1 Chemotherapy .....	500
19.5.2 Surgery .....	502
19.5.3 Radiation Therapy .....	502
19.6 Long-Term and Late Effects of Cancer Treatment .....	503
19.7 Generalizations .....	505
19.8 Physiologic Sequelae of Cancer and Its Treatment .....	507
19.9 Advanced Illness .....	514
19.10 Future Directions .....	515
References .....	520
<b>Index</b> .....	529