

RAISE

AWARENESS • EDUCATION • FUNDS • SURVIVORS

SPRING • 2020

THE LATEST FROM TCC

We hope this newsletter reaches you, happy and healthy, amidst the COVID-19 global pandemic. Our love and appreciation goes out to those working on the front lines during this critical time – healthcare and medical workers, first responders, delivery personnel, food service and grocery workers and all who are working to keep us going. As a science-based non-profit focused on public health, we admire the progress being made toward a coronavirus vaccine to prevent future outbreaks. The Crawford Crew knows first-hand the value of vaccines in preventing disease.

In July we announced our **new mission** to end HPV-related cancers. By doing so we have opened more doors and we see there is a lot of work for us to do. We are committed to bringing life-saving information to you with **RAISE**, thecrawfordcrew.org, and social media being our primary vehicles of communication.

Over the past 6 months, our team has worked tirelessly to drive our new mission forward – to end HPV-related cancers. We have experienced several setbacks which were out of our control. As we embarked on our 10th year as TCC, we had big plans to roll out our new mission. We put a retro spin on our signature January fundraiser, **Raise A Racket** and were planning a new kind of celebration for May which would honor TCC's 10 year anniversary. We lovingly coined this event "A Toast to Teal" and planned to recognize the accomplishments we made and the people and businesses who helped us in our first ten years of fighting Cervical Cancer. We booked what we felt was the perfect venue to highlight our anniversary, then bankruptcy forced that venue to close. We spent the next few weeks scrambling to find another venue, then as soon as we did, the COVID-19 outbreak forced us to postpone A Toast to Teal. We are in the process of rescheduling. Please stay in touch with us so you too can join us in celebrating this milestone.

Despite these setbacks, we remain focused on our mission and planning for the future. April is the National Month of Hope. One wish we have, is that this month brings you and your family hope.

As we all do our part to #stayhome and #flattenthecurve, join us in looking forward to the next time we can be together. Our **upcoming events** can be found here in the newsletter and on our **website**. Mark Your Calendars today and make time to celebrate with TCC!

In addition to our upcoming events, we are also sharing the following HPV-related cancer awareness months. With our expanded mission comes many more colors and months for each of us to be aware of – a rainbow of awareness throughout the year. Be well!



-  **January** – Cervical Health Awareness Month
-  **March** – Anal Cancer Awareness Month
-  **April** – Oral, Head & Neck Cancer Awareness (OHNCA) Week is the 13th - 19th
-  **June 15-21** – Men's Health Week, spreading awareness for Penile Cancer
-  **September** – Vulvar & Vaginal Cancer Awareness Month



GET EDUCATED!

HPV: A major etiologic agent of head and neck cancer

Keisha Burnett, Linda L. Williford Pifer • Aug 22nd, 2019

Article was reformatted to align with this publication. To read the full article, go to:

<https://www.mlo-online.com/disease/hpv/article/21093420/hpv-a-major-etiologic-agent-of-head-and-neck-cancer>

When American actor and producer Michael Douglas publicly announced in 2010 that his “throat” cancer was “probably” the result of having engaged in oral sex, his family and fans reeled with shock.¹ However, Douglas is to be lauded for giving the world a desperately needed wake-up call to the unpleasant fact that high-risk human papillomaviruses (HPVs) are not at all fastidious about which mucous membranes they can and will invade. In fact, the prevalence of oropharyngeal cancer among men has steadily risen more than 300 percent in the past 40 years.² Although tobacco and alcohol are contributory causes, controlled studies reveal that the primary blame rests upon HPV.

HPVs consist of more than 200 related DNA-containing strains that are the etiologic agents of everything from non-cancer-causing warts, to dangerous high-risk varieties such as strains 16, 18, and many more. HPVs are the most commonly sexually transmitted infection (STI) in the United States, today. High-risk HPVs are readily transmitted by vaginal, oral, and anal sex. Although barrier protection ameliorates the risk, it does not eliminate it entirely.⁴ HPV can be transmitted directly by skin-to-skin contact, thus any skin infected with HPV is directly “contagious.”⁵

HPV infection is extremely common, and the Centers for Disease Control and Prevention (CDC) estimates that around 79 million Americans are now infected with the virus. About 14 million more are added to this number each year. Of these, 19,400 women and 12,100 men are projected to develop cancer. In fact, it is estimated that the majority of sexually active Americans will at some time during their lives contract HPV if they do not receive the vaccine at the recommended ages.⁶ Of the vast number of HPV types, only 14 are known to be linked to a high prevalence of neoplasia and these are types 16 and 18. Most of the HPVs which do not cause malignancy are kept under control by the immune system.

HPV vaccine is recommended by the FDA for everyone from age nine to 45 with young boys and girls beginning vaccination at around age 11. Women are advised to remember their important prophylactic yearly cancer screening visit.

HPV lesions and cancers can occur in the mouth, throat, at the base of the tongue, vulva, vagina, penis, and anus. The HPV virus is altogether different from herpes, which is also a virus, and which can likewise be transmitted by vaginal, oral, and anal intercourse.

Head and neck cancers can arise in the following regions: Oral cavity including the tongue, salivary glands, and the larynx. They may be found in the nasal cavity including the paranasal sinuses. Malignant lesions can also arise in the pharynx including the nasopharynx, oropharynx, and hypopharynx.⁷ HPV infects the squamous cells that line these organs and also those of the genital tract. Oropharyngeal cancer has become the most common HPV-related cancer in the U.S. and the number of cases being diagnosed each successive year is increasing.⁸

HPV-related cancer symptoms can include hoarseness or a change in voice quality, problems with swallowing, a lump in the neck or a sore in the mouth, a sore throat or earache that does not resolve with time, or a bleeding nose, mouth, or throat that occurs intermittently.⁷ Vocal cord or glottis cancer has been very much on the rise in patients under 40 who have never smoked. In these patients, hoarseness was one of their most prominent symptoms. High-risk HPV was found in 100 percent of patients fitting this clinical profile in one study.⁹

In conclusion, we have made vast progress with HPV and stripped bare many of its ugly and very deadly secrets. We have become open to discussing HPV, removing it as a “taboo” topic, cloaked in ignorance. We’re now armed with a powerful weapon capable of

BE INFORMED!

In honor of Oral, Head and Neck Cancer Awareness Week, here are a few facts that TCC wants you to know. For the full list, go to https://www.enthealth.org/be_ent_smart/50-facts-about-oral-head-and-neck-cancer/

1. In the U.S., a new head and neck cancer case is diagnosed every 10 minutes, and a person dies from this disease every 45 minutes.
2. Annually in the U.S., over 10,000 new cases of oral, head and neck cancer can be attributed to a particular strain of HPV.
3. HPV is responsible for the rise in cancers of the oropharynx (tonsils and base of tongue) in younger non-smokers, and is related to oral sex. The more oral sex partners that someone has, the greater the risk of HPV cancer.



bringing it under control. It must be wielded aggressively for the protection of young people before they are ever exposed to the virus. We must educate parents, young people, and all who might derive benefit from immunity to the most dangerous strains of HPV. We have nothing to lose but a very deadly form of cancer itself, and many years of healthy life to gain.

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Dr. Robert Braun,
PhD, MPH, CHES

PARTNERS IN ACTION, Q & A

MEET DR. ROBERT BRAUN, PHD, MPH, CHES
Otterbein University, Associate Professor, Health and Sport Sciences
Public Health Education Program Coordinator

Dr. Robert Braun is TCC 's liaison at **Otterbein University**. Our partnership connects us to several opportunities to educate the student body including student health fairs. In addition, Dr. Braun tailored a unique internship program for students in the **Public Health Education (PHE) major**. This year's intern is Stephanie Hull, a senior graduating in May with her Bachelor of Arts degree in Public Health Education. She's been a great asset to The Crawford Crew and we are going to miss her!

What is your role at Otterbein University?

I teach most of the core classes, advise and mentor these students, work on research projects and presentations with them, and manage all internships. I have been at Otterbein since 2011.

How did you first become involved with The Crawford Crew?

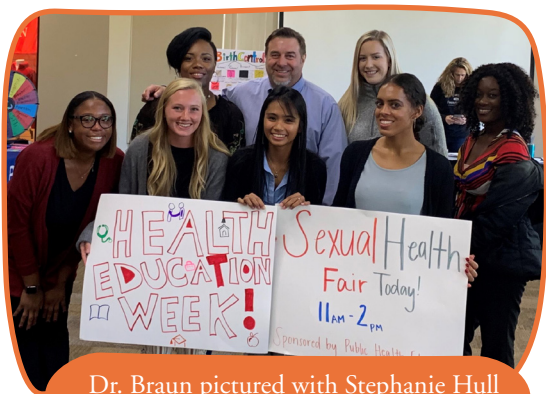
I met Diane about five years ago when we were introduced by a mutual friend to present the documentary, **Someone You Love: The HPV Epidemic** on our campus. We instantly hit it off and she hasn't been able to get rid of me since. She and TCC have attended Otterbein's annual Sexual Health Fair in conjunction with National Health Education Week and our Student Health Fair during Minority Health Month. I love working with Diane and look forward to working with her on more innovative programs.

Why is the internship experience important for college students, specifically those in the health sciences?

For three and a half years, my students learn theory, concepts, and topics. Most classes have an experiential component so students can practice what they learn in a community setting. However, the internship is still one of the most important parts of this major. Our internship is approximately 252 hours of field experience spread out over a semester. This equates to a 16-18 hour/week internship. An internship offers students an immersive experience that they do not otherwise get in a classroom setting. As an added bonus, students can network and hone their skills while trying to figure out where they want to work post-graduation.

What advice would you give to college students considering an internship in public health?

Hopefully, through course work and experiential learning, students will start to identify topics or issues that interest them most, or ignite their passion. I encourage them to do more research and to focus on businesses, nonprofits, sections within health departments,



Dr. Braun pictured with Stephanie Hull and other Otterbein students.

for example, that are in their particular area of interest and to begin making connections by networking. You never know where these connections will take you!

How do the University's partnerships with TCC and other health organizations benefit Otterbein students?

Diane is a passionate individual and it shows through in everything she has done. She has supported my students by offering internships and independent study opportunities, and for that I thank her. Every time Diane and **TCC volunteers** are on campus or participate in one of our programs I believe they positively impact the Otterbein Community. I always see students engaged with TCC at our events. We look forward to **Painting the Campus Teal in January 2021!**

I highly recommend other colleges, universities, and even high school administrators to **connect with Diane** and TCC if you have clubs and students interested in doing a service project. **TCC Jr. Ambassadors** are a fun group, easy to work with and are always willing to help others. If someone you know has interest in studying **Public Health** or attending **Otterbein University** you are welcome to drop me a line at rbraun@otterbein.edu with questions or to request information.



SUNDAY
Aug. 16TH
2020
TCC's Annual 5K

FRIDAY
Jan. 1ST
2021
It's Lit! The LeVeque Tower that is, will be lit up in Teal in honor of Cervical Health Awareness Month.

SATURDAY
Jan. 2ND
2021
Paint the 'Ville Teal

SATURDAY
Jan. 23RD
2021
9th Annual Raise A Racket



RAISE YOUR VOICE

Donate and make a difference where you feel most passionate!



OUR MISSION IS TO END HPV-RELATED CANCERS.

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