



JOHNS HOPKINS
M E D I C I N E

THE SIDNEY KIMMEL
COMPREHENSIVE CANCER
CENTER

Sept. 18, 2015

Dear Friends,

I wish to express my sincere appreciation to everyone supporting this year's Jonathan B. Loden Memorial Golf Tournament. Over the years, I have gotten to know many of you, your connections to Jon and his family, and your dedication to Jon's memory and to raising money for head & neck cancer research.

A lot has changed since Jon was diagnosed with tongue cancer over 10 years ago at a very young age.

Studies conducted at Johns Hopkins have shown that: 1) Infection with the human papilloma virus (HPV) causes the majority of tongue cancers (over 70%); 2) these cancers can be classified by specific gene/DNA alterations; and 3) vaccination against HPV in patients who have had their cancer removed with combinations of surgery, radiation and chemotherapy can boost the immune system to hopefully prevent the cancer from recurring and increase cure rates.

Your support over the years from the Jonathan B. Loden Golf Tournament has gone to the Johns Hopkins researchers who have made these discoveries.

What else do we know about the human papilloma virus and what can we do about it?

- Vaccines specific to the HPV types that cause throat cancers and other cancers such as cervical and anal cancers, have been available for 10 years for immunization of adolescents to prevent HPV infection. Yet, only 53% of girls and less than 10% of boys in the US have been vaccinated.
- These cancers can take 20 years to develop after exposure to the virus which is known to be sexually transmitted. We know that immunization of adolescents is effective for at least 10 years and probably longer. Prevention is key.
- The vaccines are safe! The FDA and CDC monitor safety and there are no serious concerns.
- The vaccines are effective – 93%-100% effective in preventing pre-cancers of the cervix and anus; 90-99% effective in preventing genital warts.
- What are the recommendations for immunization with the HPV vaccine?
 - HPV vaccine is given in 3 doses over 6 months.
 - It is recommended for girls and boys at age 11 or 12. Women can get the vaccine until they are 27 and men until they are 22, if not vaccinated earlier or they did not complete all 3 doses.

Let's make sure that our children, grandchildren, nieces and nephews – and their children get the HPV vaccine. To help you to discuss this with family and pediatricians, we are putting information that can be downloaded and printed onto the Jonathan B. Loden Foundation website.

My gratitude to all of you. Have a great tournament!

Arlene Forastiere, MD
Professor of Oncology