Pan-fried meat boosts prostate cancer risk

By Molly Rugg

USC and Cancer Prevention Institute of California (CPLIC) researchers have found that cooking red meats at high temperatures, especially pan-fried red meats, may increase the risk of advanced prostate cancer by as much as 40 percent.

Marina Stern, associate professor of preventive medicine at the Keck School of Medicine of USC, led analyses for the study. “Red meat and poultry, cooking practices, genetic susceptibility and risk of prostate cancer: Results from the California Collaborative Prostate Cancer Study.” The study, which is available online in the journal Cancer, provides important new evidence on how red meat and its cooking practices may increase the risk for prostate cancer.

Previous studies have emphasized an association between diets high in red meat and risk of prostate cancer, but evidence is limited. Attention to cooking methods of red meat, however, shows the risk of prostate cancer may be a result of potent chemical carcinogens formed when meats are cooked at high temperatures.

Researchers examined pooled data from nearly 2,000 men who participated in the California Collaborative Prostate Cancer Study, a multicenter, case-control study conducted in the San Francisco Bay Area by Esther John, CPLIC senior research scientist, and in Los Angeles by Sue A. Ingles, associate professor of preventive medicine at the Keck School.

Study participants completed a comprehensive questionnaire that evaluated amount and type of meat intake, including poultry and processed red meat. Information regarding cooking practices (e.g., pan-frying, oven-boiling and grilling) was obtained using color photographs that displayed the level of doneness.

More than 1,000 of the men included in the study were diagnosed with advanced prostate cancer. “We found that men who ate more than 1.5 servings of pan-fried red meat per week increased their risk of advanced prostate cancer by 30 percent,” Stern said. “In addition, men who ate more than 2.5 servings of red meat cooked at high temperatures were 40 percent more likely to have advanced prostate cancer.”

When considering specific types of red meats, hamburgers—but not steak—were linked to an increased risk of prostate cancer, especially among Hispanic men. “We speculate that these findings are a result of how we are moving toward care that is truly focused around our patients and their families,” said hospitals Chief Executive Officer Scott Evans. “This is a powerful tool that engages our patients in their own health care experience—giving them access to amenities, empowering them to provide immediate feedback about their experiences, and connecting them with the people and departments directly affecting their stay.”

The system, which has been in the planning stages for more than a year, was purchased through Skylight Healthcare Systems and allows for personalization so that hospitals can tailor programs to their unique needs.

At Keck Hospital, it gives patients direct contact with service departments such as Facilities, Environmental Services and Case Management, said hospital director Kevin Kaldjian, who helped lead the system’s implementation. Patients can request services on their own, such as assistance with discharge planning, room cleanings or temperature adjustments in their rooms. “Through the system, patients can also request...”
Women who give birth after age 40 lower their risk of endometrial cancer

By Robin Heffler

Women who last give birth at age 40 or older have a 44 percent decreased risk of endometrial cancer when compared to women who have their last birth under the age of 25, according to strong evidence in a new, international study led by a researcher at the Keck School of Medicine of USC.

Endometrial cancer strikes the endometrium, the tissue lining the uterus (womb), and is the most common gynecologic cancer in the United States. Veronica “Wendy” Setiawan, assistant professor of preventive medicine at the Keck School, was the principal investigator of the study, “Age at Last Birth in Relation to Risk of Endometrial Cancer: Pooled Analysis in the Epidemiology of Endometrial Cancer Consortium,” which found that risk begins to decrease after age 30 by about 13 percentage points for each five-year delay in last births. Compared to women who last give birth before age 25, those who have their last child between age 30 and 34 reduce their risk by 17 percent and those between age 35 and 39 reduce their risk by 32 percent.

“While childbirth at an older age previously has been associated with a lower risk of endometrial cancer, the size of this study definitively shows that later age at last birth is a significant protective factor after taking into account other factors known to influence the disease—body weight, number of kids and oral contraceptive use,” Setiawan said.

The study, believed to be the largest of its kind, examined pooled data from four cohort studies and 13 case-control studies. Funded by the National Cancer Institute, the research examined a total of 8,671 cases of endometrial cancer and 16,562 control subjects, all derived from studies in the Epidemiology of Endometrial Cancer Consortium. Results are now available online in the American Journal of Epidemiology.

“We found that the lower risk of endometrial cancer continued for older mothers across different age-at-diagnosis groups, including under 50, 50-59, 60-69, and over 70—which shows that the protection persists for many years,” Setiawan said. “Protection also did not vary by the two types of the disease: the more common Type 1, which we think is related to estrogen exposure and the more rare, but more aggressive and deadly, Type 2, which has been thought to develop independently of hormones.”

Setiawan noted that endometrial cancer is the fourth most common cancer diagnosed among American women. The American Cancer Society estimates that in 2012 about 47,130 new cases of cancer of the uterine body will be diagnosed, and about 8,010 women will die from such cancers. The vast majority of those cases are endometrial cancer.

Setiawan’s research also examined whether the association between age at last birth and endometrial cancer was consistent across race and ethnicity. The protective association was observed in Caucasian and Asian women, but not in the study’s small subset of black women, and Setiawan suggested this warrants additional study of larger groups of black women.

More research is necessary to determine why late age at last birth might protect against endometrial cancer, but Setiawan notes that several potential mechanisms have been suggested by other investigators, including:

• Women capable of becoming pregnant at an older age may possess a healthy endometrium or experience fewer menstrual cycles without ovulation;
• Prolonged exposure to the hormone progesterone during pregnancy may be especially beneficial at older ages, the critical period for endometrial cancer development;
• Premalignant or malignant cells of the uterine cavity’s mucosal lining, which are more likely to exist with increasing age, are shed during childbirth.

The researchers also found that men with diets high in hamburgers, given that they know why pan-frying poses a higher risk for prostate cancer, particularly pan-fried, cooking method shown to be a key factor in boosting risk for certain cancers.

CANCER: Preventive Medicine

Veronica “Wendy” Setiawan, assistant professor of preventive medicine at the Keck School

Dear校友:

在国际研究中，Setiawan最近的研究表明，最后分娩年龄为40岁或更大的女性，其子宫内膜癌的风险降低了44%。这项研究汇集了四个队列研究和13个病例对照研究的数据，总共包括8,671例子宫内膜癌病例和16,562例对照个体。研究证据表明，风险在30岁以后每延迟五年下降约13个百分点。对于在25岁之前最后分娩的女性，与之相比，最后分娩在30到34岁之间的女性降低17%的风险，35到39岁之间的女性降低32%的风险。

“尽管在早产时分娩与较低的子宫内膜癌风险有关，但这一研究明确表明，年龄较大的最后分娩是一个重要的保护因素。”Setiawan说。“该研究没有发现不同类型的子宫内膜癌（如更常见的Type 1和更罕见但更具有侵袭性的Type 2）的风险有显著差异，这表明保护作用在很多年中是持续的。”

Setiawan指出，子宫内膜癌是美国女性第四常见的癌症。美国癌症协会估计，2012年大约有47,130例新发子宫内膜癌病例，约8,010名女性死于这类癌症。大多数这些病例是子宫内膜癌。

Setiawan的研究还考察了年龄在最后分娩时的关联是否在不同年龄组中保持一致，包括50岁以下、50-59岁、60-69岁和70岁以上。研究结果现在在其期刊的在线版中公布。

该研究的保护作用并未在黑人女性中观察到，Setiawan建议需要对更大的黑人女性群体进行进一步研究，以确定年龄较大的最后分娩对子宫内膜癌的保护作用。

Setiawan指出，当人们对为什么煎炸会增加前列腺癌风险，特别是煎炸时，应考虑烹饪方法是一个关键因素。

CANCER: Preventive Medicine

Veronica “Wendy” Setiawan, assistant professor of preventive medicine at the Keck School

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Roscoe D. Atkinson, longtime faculty member in the Keck School of Medicine departments of Pathology and Neurology, died earlier this month. He was 53.

Atkinson received his medical degree in 1969 from USC, and completed a combined residency program in anatomic pathology and neuropathology in 1969 at LAC-USC Medical Center. After his residency, he received a four-year Physician Scientist Award from the NIH funding his fellowship from 1993 to 1997. He was board certified in anatomic pathology and neuropathology in 1995, was appointed assistant professor of clinical pathology and neurology at USC in 1997, and promoted to associate professor of clinical pathology and neurology in 2003. Atkinson served as attending staff at LAC-USC Medical Center and Keck Hospital. His clinical duties included surgical neuropathology at Keck Hospital and surgical/autopsy neuropathology at LAC-USC Medical Center.

Atkinson focused his research on the development of automated image analysis for pathologists, a field that he developed both in his lab at USC and in collaboration with industrial partners. He was also interested in the immune mechanisms of central nervous system demyelination and published over 20 collaborative papers in that field. Known by his peers for his passion for and excellence in teaching, he taught in several departments in the medical school including pathology, cell and molecular biology, neurology, neurotraumatology and the division of neurocritical care.

He was also a highly valued teacher in the USC School of Pharmacy, where he taught for many years, at the LAC-USC Medical Center, at UC Riverside/ UCLA Biomedical Program and at the Western University School of Osteopathy. He was a recipient of student teaching awards multiple times at both the medical school and the School of Pharmacy.

Atkinson was especially known for his enthusiasm for teaching and was a mentor to excellence in teaching and was actively involved in education of residents and fellows since 1969. He served as an exemplary role model and teacher for the pulmonary fellows, continuously encouraging their pursuit of scholarly activity. Recently, Sharma initiated The Om P. Sharma Clinical Excellence Award in recognition of an outstanding graduating fellow who has demonstrated excellence in clinical care. This will be awarded annually out of a fund initially created by him. Sharma is survived by his wife, Maggie, and three children, Keerthy, Kavita and Anand.

To donate to the Om P. Sharma and Pulmonary Critical Care Medicine Fellows’ Fund for Academic Excellence and Clinical Research, visit keck.usc.edu/OnSharma.

An Aug. 27 post on the Eagle Rock Patch noted that the Keck School launched a bilingual website to address the health needs of Northeast Los Angeles residents.

The Weekly NEWSMAKERS

A feature in the September 2012 issue of The Atlantic profiled Harvey Karp, assistant professor of pediatrics at the Keck School, about how adults should speak to toddlers.

An Aug. 28 article in The Commentator quoted Jonathan Samet, the Flora L. Thornton Chair of the Department of Preventive Medicine at the Keck School, about the link between cell phones and cancer risk.

An Aug. 27 report in Canyon News indicates that USC Norris Ovarian Cancer Research is a beneficiary of the 15th Annual Walk/Run for Awareness and Hope in Studio City on Sept. 9.

An Aug. 27 article in the Los Angeles Times featured a tablet computer app developed by Peter Clarke, professor of preventive medicine at the Keck School and communication at the Annenberg School, and Susan Evans, research scientist at the Annenberg School, that helps individuals eat healthier and reduce food waste.

An Aug. 26 story on The Huffington Post featured a study by Marilana Stern, associate professor of preventive medicine at the Keck School, and colleagues, finding that the type and preparation method of meat in a man’s diet may affect his prostate cancer risk. Pan-fried meat—and hamburger meat in particular—seemed to increase prostate cancer. KFCC-FM blog “On Central” also covered the research.

An Aug. 25 column in the Los Angeles Times reported that Daniel Oakes, associate professor of orthopedic surgery at the Keck School and director of the USC Joint Replacement Program, performed knee replacement surgery on journalist Steve Lopez, and quoted Oakes about the need for joint replacement surgeons in the United States.

An Aug. 24 commentary on ESPN noted that columnist Arash Markazi received a stem-cell transplant for non-Hodgkin’s lymphoma at the USC Norris Comprehensive Cancer Center.

An Aug. 23 report in The Guardian (Nigeria) highlighted a 2011 USC study by Carrie Breton, Muhammad Salam and Frank Gilliland of the Keck School’s Department of Preventive Medicine, finding that the children of women who smoked while pregnant were more likely to have variable DNA methylation levels, which is crucial to the development of the immune system.

An Aug. 23 article in The Huffington Post mentioned a 2008 USC review of eight studies led by Anna Wu, professor of preventive medicine at the Keck School, finding that women who have a cup of soy milk each day have a 30 percent reduced risk of breast cancer.

An Aug. 23 post on the Eagle Rock Patch noted that the Keck School launched a bilingual website to address the health needs of Northeast Los Angeles residents.
Community oral health programs serve women veterans in need

By Beth Dunham
Ostrow School of Dentistry of USC's Community Oral Health Program faculty, staff and students provided free dental services for female veterans on July 20 on the USC University Park Campus.

The outreach, targeted toward homeless female veterans and other women veterans in need, was part of the 2nd Annual Female Veterans Initiative. Along of the 2nd Annual Female Veterans Stand Down organized by United States Veterans Initiative. Along with dental care, veterans received medical and vision screenings, legal and financial advice, housing, help, benefit assistance, employment and job interview counseling, wellness and beauty services, free food, and live entertainment.

Ostrow School volunteers staffed two Neighborhood Mobile Clinic vehicles to provide dental and oral cancer screenings. Veterans also received oral hygiene instruction, free dental supplies and referrals to low-or no-cost clinics near their homes, including Ostrow School of Dentistry clinics.

Unemployed Army veteran Carrie Simpson, who recently relocated to Los Angeles from Houston, Texas, received a dental screening and a referral to the USC Union Rescue Mission Dental Clinic for further dental care. She said the care and assistance was part of a “wonderful welcome to L.A.

“I really appreciate everyone who’s serving and volunteering their time. They’re good and patient with everybody,” Simpson said. She said she hopes fixing her teeth and improving her dental health will help her find a job, noting that “the first thing you show someone is your smile.”

Niel Nathan, section chair of community dentistry, described the scope of need that veterans face, noting a high percentage of veterans are unemployed and Los Angeles is home to the largest concentration of homeless veterans, more than 10 percent of whom are women.

“We should never hear the words ‘homeless’ and ‘veteran’ together,” he said. “When we help veterans, it’s a win-win for our community, for the patients and for our students.”

Kathy Elizondo, director of the USC Union Rescue Mission Dental Clinic, said the services offered by the Ostrow School of Dentistry’s community outreach efforts are important for veterans, especially since so many have limited access to affordable dental care. It’s also important for the dental students who serve veterans and other populations in need, she added.

“Students who work with this population realize the need and will hopefully work more with them in the future,” Elizondo said. “It’s an eye-opener.”

Roseann Mulligan, associate dean of community health programs and hospital affairs and chair of the division of dental public health & pediatrie dentistry, said dental care is a critical need for veterans and plays an important role in overall health.

“The number one need for our female homeless veterans is dental care. Once oral health is obtained, significant improvement in not only oral health but also general health and self-esteem accrues,” she said. “Clearly, dental health is an important contributor to the rehabilitation needs for our female vets.”

Calendar of Events

This Calendar of Events is also online at www.usc.edu/hsccalendar for the Health Sciences campus community

Monday, Sept. 10

Neon. E308 Research Seminar. “Specificity of Natural Killer T Cells: Innate Lymphocytes Reactive with Microbial as well as Self Antigens,” Mitchell Bromberg, La Jolla Institute for Allergy & Immunology. NRT Anxiety Auditorium. Info: (323) 442-7732

1 p.m. - 2 p.m. 8C CTIS Career Development Seminar Series. “Personal Leadership Style,” Jody Tolan, USC NRT Ground Floor Jennifer Diamond Library. Info: (323) 865-3520

Tuesday, Sept. 11

2 - 3 p.m. "Navigating a New Diagnosis of Breast Cancer: What Does Personalized Medicine Mean?" Debra Tripathy, USC NRT. Info: (323) 442-8281

Wednesday, Sept. 12


Thursday, Sept. 13


Sunday, Sept. 16

6:30 p.m. - 8 a.m. Registration. 3rd Annual LA Prostate Cancer 5K. USC University Park Campus. All proceeds and donations from the event will be dedicated to prostate cancer research and education at USC. The 5K is open to all levels of runners, joggers and walkers. The race starts at 9:30 a.m. Info: (323) 656-7331

Tuesday, Sept. 18


Monday, Sept. 24

1 p.m. - 3 p.m. 8C CTIS Career Development Seminar Series. “Strategic Decision Making,” Terance Wolfe, USC. CSC 250. $14 to register. Info: (323) 442-8281

Notice: Deadline for calendar submission is 4 p.m. Monday to be considered for that week’s issue—although three weeks’ advance notice of events is recommended. Please note that timely submission does not guarantee an item will be printed. Send calendar items to The Weekly, KAM 400 or fax to (323) 442-2832, or email to eblaauw@usc.edu. Entries must include day, date, time, title of talk, first and last name of speaker, affiliation of speaker, location and a phone number for information.

In case of an emergency...

Call the Emergency Information Phone: (213) 740-9233 The emergency telephone system can handle 1,400 simultaneous calls. It also has a backup system on the East Coast.

Visit the USC Web: http://emergency.usc.edu This page will be activated in case of an emergency. Backup Web servers on the East Coast will function if the USC servers are incapacitated.