

The Epigenetics of Oral Cancer

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1. Epigenetics in normal cells

The term epigenetics defines those heritable changes in gene expression that are not coded in the DNA sequence. To clarify this definition, it is important to understand that chemical modifications to DNA and its associated proteins can alter gene expression without altering the DNA sequence. Whereas genetic aberrations change expression by altering the sequence of adenine (A)-thymine (T) and cytosine (C)-guanine (G) base pairs, epigenetic changes do not affect the underlying base pair sequence. The forms of epigenetic modification occurring in human cells are known as DNA methylation and histone deacetylation. DNA methylation is a modification of the DNA molecule itself in which methyl groups are added to cytosine nucleotides in specific areas of the gene by the enzyme DNA methyltransferase. Methylation directly switches off gene expression by preventing the binding of transcription factors as illustrated in Figure 1

DNA does not exist as a naked molecule, but in association with proteins called histones to form a complex substance known as chromatin. Changes to the structure of the chromatin also have a profound influence on gene expression. If chromatin is a condensed, tight-knit structure, the factors involved in gene expression cannot get access to the DNA, and consequently the gene will be switched off. Conversely, if the chromatin is chemically changed to a loose, more open structure, the genes can be, in effect, switched on (Figure 2).

These epigenetic events are important in the physiology of normal cells. During embryonic development, hypermethylation silences a proportion of genes which dictates the path of differentiation. Even adult human cells have enormous potential for growth, such that if unhindered, a single cell can reach a mass of 1kg in 40 days by mitotic division⁴⁶. Epigenetic changes govern a series of cellular “checks and balances” restraining this growth. These include tumour suppressor genes that are active in normal cells but become silenced in cancer.

2. Epigenetic changes in cancer

2.1.1. Genetics versus epigenetics?

Changes in methylation of DNA in cancer were first recognised by Feinberg in 1983¹⁹, however it was originally thought that these were linked to a general disruption of the cell cycle, perhaps an effect and not the cause, of malignancy. The intervening two decades have seen molecular research principally directed towards genetic changes as the basis for cancer. Techniques such as loss of heterozygosity in chromosome regions thought to contain tumour suppressor genes²¹, microsatellite instability^{22,41} or identification of individual gene mutations² have been widely reported in the field of oral cancer. Whilst giving an insight into the processes underlying cancer, the explosion of genetic information has yet to translate into clinical benefit in oral cancer, as with many other sites. The discovery that tumour suppressor genes often fail to be expressed in the absence of a detectable genetic change, along with significant technological advances have recently led to greater research emphasis on cancer

epigenetics¹⁶. Figure 3 illustrates the exponential increase in published research in the epigenetics of human cancer.

Silencing of tumour suppressor genes is central to the development of cancer. It was originally thought that both alleles of a tumour suppressor gene had to be altered by mutation or deletion (Knudsen's "two hit" hypothesis) for it to become inactivated. Gene silencing is now also recognised in the absence of any genetic change, suggesting a new model of bi-allelic inactivation⁴⁶ involving hypermethylation (Figure 4), whereby one or both alleles might be affected by aberrant methylation at the gene promoter. The aging process³² and autoimmune diseases, as well as cancer, may be mediated by gradual accumulation of epigenetic changes⁵¹.

2.2. *Epigenetic changes seen in cancer*

2.2.1. Global hypomethylation

Feinberg¹⁷⁻¹⁹ first described the overall pattern of hypomethylation in human cancer, specifically a 10% reduction in genomic 5-methylcytosine content in pre-malignant and malignant colonic polyps. This presumably represents an overall increase in gene expression and cellular synthetic activity. Hypomethylation has however subsequently received less attention than the finding of hypermethylation in certain areas of the genome also seen in cancer.

2.2.2. Hypermethylation in tumour suppressor genes

Hypermethylation occurs in certain regions of tumour suppressor genes known as promoters. These are characterised by a high density of cytosine nucleotides known as CpG islands. It is assumed that during evolution, CpG (Cytosine – Guanine nucleotide pairings) sites were evenly distributed throughout the genome. However, methylation renders cytosine more prone to mutations, and thus the frequency of cytosine has gradually reduced, except in gene promoter regions, which were spared, leaving CpG “islands”. The mechanism for this retention of cytosine in CpG islands is unknown, but it is interesting to speculate that it may have been due to their function as gene promoters. These CpG islands are approximately 500 base pairs in length, within which CpG form more than 55% of the nucleotides, and they are found in the promoter regions of 40% of mammalian genes. There are thought to be around 45,000 CpG islands distributed around the human genome. Physiological methylation of CpG islands causes long term gene silencing and, in a similar way, aberrant DNA methylation of the promoter region of certain genes is now thought to be a key mechanism for carcinogenesis. The attachment of 5-methylcytosine binding protein to methylated cytosine bases interferes with the binding of transcriptional proteins to gene promoters, halting the expression of that gene. Genes commonly found to be hypermethylated in cancer include tumour suppressors, metastasis related genes, DNA repair genes, hormone receptor genes and those inhibiting angiogenesis. In normal cells, the pattern of DNA methylation in any particular

cell type is conserved following replication by a maintenance DNA methylase. The mechanism by which aberrant DNA methylation occurs is, however, unclear. The pattern of hypermethylation is specific to the tumour type^{14,20}, for example the DNA repair gene BRCA1 is hypermethylated in breast and ovarian cancer¹⁵, but not other sites¹⁴. The term “methylo type” to signify the pattern of promoter hypermethylation has been used in an analogous way to the genetic term “genotype”¹³. Much of the published research concentrates on 15-20 genes, the function of which is known in the context of cancer. Other studies have attempted to gain an overall picture of the global pattern of methylation. A study examining 97 tumour specimens from various sites demonstrated an average of 600 CpG islands were aberrantly methylated in various cancers⁷. Clearly our understanding of these profound epigenetic changes across the genome is, as yet, incomplete.

2.2.3. Histone modification

The basic unit of chromatin is the nucleosome which comprises 146 base pairs of DNA surrounding a histone octamer (Figure 2). De-acetylation of histones gives them a positive charge and which interacts with the negative charge of DNA producing a closed structure, repressive for transcription and hence gene silencing. Histone de-acetylase (HDAC) thus mediates gene silencing. HDAC inhibitors can reverse gene silencing in certain instances, but not in genes which contain hypermethylated CpG islands. Methylation of lysine in histones is also implicated in gene regulation. The combination of both histone modification and

acetylation is known as the “histone code”¹⁶ and significant cross talk occurs between DNA methylation and the histone code which together mediate gene silencing. The balance of evidence from microarray studies with 5AZA and HDAC inhibitors is that DNA hypermethylation is the dominant event but that these factors may occur in concert¹⁶.

2.3. Gene imprinting

Imprinting is an epigenetic change that occurs on only one parental allele of a gene and is traditionally associated with genes mapping to the X chromosome where its function is to prevent gene dosage differences between males and females. Loss of imprinting (LOI) may conceivably lead to, for example, predisposition to malignancy, should this involve a tumour related gene. The critical difference is that in most human cancers, the tumour demonstrates hypermethylation at certain loci, but that normal cells within the same subject are not methylated in the same way. Recent evidence⁹ in colorectal cancer has shown certain individuals who have LOI at a growth factor gene (human insulin-like growth factor II gene:IGF2), have much higher rates of colorectal cancer. However these patients have LOI in all cells and studies have clearly demonstrated that the high cancer risk is independent of known environmental risk factors. Those treating oral and oro-pharyngeal cancer will be aware of young non-smoking, non-drinking patients who due to “bad luck” or “bad genes” develop tumours, and it is now believed that LOI may be one mechanism responsible for this phenomenon. The concept of inherited epigenetic

susceptibility to tobacco related cancers⁸⁰ is certainly of interest. Identification of these individuals might allow more focused, and hence more cost effective, prevention strategies in OSCC.

3. Hypermethylation in oral cancer

In recent years, there has been a rapid increase of interest in hypermethylation in human cancers (Figure 3). A summary of studies investigating hypermethylation in oral and other head and neck sites is given in Table 1

3.1. *Correlation of hypermethylated gene promoters with prognosis in oral cancer*

There may be potential for therapeutic advantage if specific epigenetic aberrations could be shown to correlate with tumour behaviour. Some of the studies listed in Table 1 have attempted to correlate the clinicopathological staging of the tumour with promoter hypermethylation in the gene studied.

Additionally, a number of the studies also attempt to demonstrate loss of expression of the gene by techniques such as immunohistochemistry.

Unfortunately, some studies bulk all head and neck sites together, so separate interpretation of the oral cancer data can be difficult.

3.1.1. E-Cadherin

Cell adhesion molecules maintain stable tissue structure and loss of expression correlates with tumour invasiveness and metastasis⁷⁰. *E-cadherin* is a trans-membrane glycoprotein responsible for cell-cell adhesion, the reduced expression of which is highly correlated with regional metastasis in OSCC. Mutations (i.e. genetic not epigenetic) of *E-cadherin* gene are seen at some tumour sites e.g. breast, stomach^{38,69}. However, in the head and neck, promoter hypermethylation is more significant and has been demonstrated in 46% of specimens investigated. Several studies relate *E-cadherin* hypermethylation to adverse histological grade^{49,56} and poor survival³. Yeh et al.⁸² did not find this association although they also found *E-cadherin* expression did not correlate with methylation opening up the possibility that other , genetic, changes were present in this Taiwanese study.

3.1.2. DAP-kinase

Reduced expression of the enzyme *DAP-kinase* (Death Associated Protein) is associated with loss of apoptosis, cell immortality and their relationship to metastasis. Reduced expression has been correlated with metastasis in lung cancer³⁴. *DAP-kinase* promoter hypermethylation has been shown in 27% of H&N specimens investigated, however only in one study has been significantly correlated with nodal stage⁵⁷. Other studies failed to find any correlation in oral³⁵ or nasopharyngeal⁷⁷ specimens.

3.1.3. p16, p15, p14

These cell cycle regulatory genes have been extensively studied and promoter hypermethylation is common in OSCC (*p15*:30%, *p16*:76%) however, no significant correlation with clinicopathological characteristics or prognosis has been observed^{12,33,35,57,75}. Further, these epigenetic aberrations have also been shown in “normal” and dysplastic oral lesions⁴, and consequently, may be involved in the early stages of carcinogenesis and related to exposure to alcohol and tobacco^{4,35,79}. *p14* hypermethylation, perhaps surprisingly, has been related to good prognosis in one study⁵⁰.

3.1.4. DCC

Ogi et al⁵⁰. demonstrated that DNA methylation in the promoter region of *DCC* (Deleted in Colorectal Cancer) was significantly correlated ($P=0.036$) with mandibular invasion in oral cancer, which in turn is now recognised as a negative prognostic indicator⁶¹.

3.1.5. “MINT” family CpG islands

These CpG islands are associated with tumours at several sites^{71,72}, however their functions are uncertain as they are not located near any known genes. Ogi et al. demonstrated significant correlation with poor survival in oral cancers where hypermethylation was found at *MINT 1* & *MINT 31*, but not *MINT 2* & *MINT27*⁶⁰.

4. Epigenetic changes in circulating DNA

A most significant development in the history of epigenetics was the development of methylation-specific polymerase chain reaction (MSP) using bisulphate modification of DNA by Herman at the Johns Hopkins, Baltimore, USA in 1996³⁰. This allowed precise mapping of DNA methylation patterns in CpG islands across the entire genome which has stimulated huge interest in this field. This method is also highly sensitive, allowing reliable detection of only 0.1% methylated alleles of a given CpG island. Crucially though, very small quantities of DNA are required to perform MSP and the process can be partially automated by the introduction of technical improvements such as pyrosequencing^{5,74}. Tumour DNA is known to be present in a variety of body compartments in cancer sufferers^{37,67}, however it has previously been technically difficult to reliably identify specific genetic changes known to correlate with the primary tumour^{8,65}. The significance of this is, perhaps not that molecular changes in the primary tumour can be identified by examination of circulating DNA, but that the elimination or persistence of tumour following treatment might be inferred. This concept of circulating DNA as a tumour marker has been explored in a number of tumour subsites⁶³.

4.1. Sources of free DNA

4.1.1. Serum / Plasma Free DNA.

Small fragments of extra-cellular DNA are known to circulate in the blood of patients with diseases such as inflammatory bowel disease and rheumatoid arthritis^{36,60,73}, as well as many malignant conditions⁸³. The first report regarding hypermethylation status of serum DNA samples and their correlation to the primary head and neck tumour originated from the Johns Hopkins in 2000⁵⁷. In this study, pre-operative blood specimens were taken and analysed using MSP in a series of 50 patients. A pattern of CpG island hypermethylation at one or more gene promoter (*p16*, *MGMT* and/or *DAP-kinase*) was observed in 21/50 (42%) samples and corresponded to that observed in the primary tumour. 5 of the 21 “serum-positive” patients developed distant metastases (24%), while only 1 of 29 “serum-negative” patients did so (3%). The authors comment that pre-treatment tumour DNA seems to correlate with tumour load and would make a good tumour marker. Hibi et al.³¹ performed a similar study using *p16* promoter hypermethylation alone in oesophageal cancer in 2001. 23% of patients were “serum positive” on a pre-operative sample but the study found no correlation with clinical outcome. Another study from Hong Kong⁷⁸ demonstrated the presence of *DAP-kinase* promoter methylation in the peripheral blood of 8 of 24 (33%) nasopharyngeal cancer patients.

4.1.2. Saliva / oral rinse.

Lopez et al.⁴⁰ reported on the value of gene promoter Hypermethylation, as demonstrated, using MSP, in oral rinses in 2003. Methylation of *p16*, *p14* and *MGMT* was observed in 44%, 12% and 56% of the oral samples respectively. DNA hypermethylation was more frequent in patients with previous OSCC. The study concludes that this technique was non-invasive and highly sensitive and could be used to monitor patients with pre-malignant and malignant oral lesions. Whether the DNA was intra or extra-cellular is difficult to prove. A similar principle is currently being applied in the Liverpool Lung Project²³ where sputum samples are being monitored in a large study investigating the possibility of early detection of malignancy using hypermethylation.

4.1.3. Urine.

Su et al.⁶⁸ report finding small fragments of tumour DNA in the urine of colorectal cancer patients. Remarkably, these are filtered unchanged through the glomerular membrane and are readily detected. There are no reports as yet of the detection of tumour DNA in urine from oral cancer patients, or on the use of hypermethylation as a specific method of detection.

4.2. *Hypermethylation of circulating DNA as a tumour marker in oral cancer.*

The application of Methylation Specific PCR (MSP) in early diagnosis, tumour surveillance and prescription of neo-adjuvant therapy has been suggested⁶⁴.

Promoter hypermethylation is well suited to use as a tumour marker for a number of reasons. Hypermethylation occurs with high frequency in oral cancer, such that if several well chosen CpG islands are used, a “signature” should be available for any tumour (“informativity”). Also the sensitivity and specificity are high and can be used in a non-invasive manner, e.g. on blood specimens.

However, heterogeneity within a tumour or between the primary tumour and its metastases however may present difficulties. Metastatic oral cancers methylate a greater proportion of CpG islands than do the primary tumours, and do so at different subsets of loci. Smiraglia et al.⁶⁶ studied 1300 CpG islands amongst HNSCC patients, utilising tissue from matched primary and metastatic tumour. They found that many loci methylated in a patient's primary tumour were no longer methylated in the metastatic tumour, an unexpected finding. The two possible explanations were epigenetic heterogeneity within the primary tumour and plasticity, i.e. that the tumour develops the ability to silence and re-activate genes in a dynamic way in order to gain survival advantage. This work challenges previous hypotheses that tumours spread by gradual accumulation of genetic changes.

The potential for clinical application of circulating DNA been demonstrated in a study that followed the incidence of the *BamHI-W* fragment of the Epstein Barr virus genome in recurrent nasopharyngeal cancer⁷⁶. Cell-free EBV DNA was detected in 61% of patients with recurrence, and its quantity postoperatively reflected whether salvage surgery achieved a negative surgical margin. The most convincing epigenetic study is, however, from outside the head and neck field. Ryan et al.⁵⁵ followed a series of colorectal cancer patients with regular blood sampling for hypermethylation of the *KRAS2* gene promoter, which had occurred in 60/94 studied primary tumours. 16 of the 60 showed persistent *KRAS2* promoter hypermethylated in the serum DNA. Ten of these (63%) developed a recurrence compared with only 1/44 (2%) patients who remained serum negative ($p=0.0000$). The authors concluded that longitudinal monitoring of postoperative blood for serum mutant *KRAS2* was more prognostic for recurrence than Dukes' stage.

5. Reversibility of epigenetic events as a therapeutic target.

Since epigenetic modification plays such an important role in cancer, novel therapeutic strategies are being developed that are based on the reversal of DNA methylation and the inhibition of histone deacetylation.

5.1.1. Gene promoter methylation

Hypermethylation is reversible by agents such as 5-Azacytidine (5 AC), and this has been shown promise in early clinical studies in haematological⁴⁷ and lung⁴⁵ as well as head and neck⁶ malignancy. The cell cycle regulator *p15*, which is methylated in high grade myelodysplastic syndrome and predicts for malignant transformation has been targeted with this approach. Treatment with 5AC was effective both clinically and biologically and was correlated with a decrease in *p15* hypermethylation¹⁰. The ability of 5AC to reactivate *p16* in a HNSCC cell line has been demonstrated, as has its consequent modification of histone H3 configuration⁶. Unfortunately, the available inhibitors of DNA methyltransferase (MTI) are not specific for a particular gene leading to problems of toxicity²⁶. Theoretically, these drugs may also reverse physiologically methylated genes and produce unwanted expression or even new malignancy of a differing kind, although this has not yet been reported with MTIs²⁶.

5.1.2. Histone acetylation

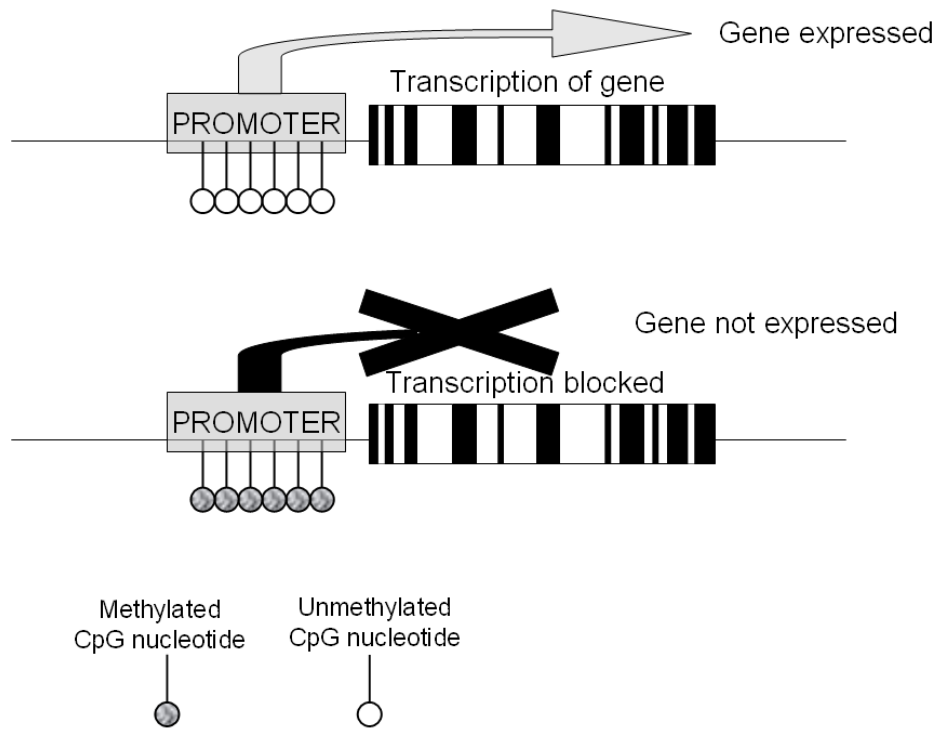
In a similar way to the above, histone deacetylase inhibitors (HDAC) have shown promise in trials. There are a number of classes of HDAC, which have been used in haematological conditions, but some of which have also demonstrated efficacy in early clinical trials in solid tumours.^{42,58} As mentioned above, histone modification in a HNSCC cell line has been seen after treatment with 5AC⁶. The synergic effect of 5AC and HDAC inhibitors used together is also currently showing promise⁵⁹ in the laboratory.

6. Conclusions

Progress in the field of molecular oncology is rapid and it is difficult for the clinician treating cancer to keep abreast of important new developments. The rather obscure terminology used in epigenetic research, as in other molecular fields, can be confusing. This review aims to demystify epigenetics and explain its potential clinical relevance to oral cancer in diagnosis, staging, surveillance, and its potential in offering novel therapeutic targets. The role of promoter hypermethylation affecting individual tumour suppressor genes, or the genomic “methylotype”, has been discussed in relation to the aetiology and prognosis of oral cancer. Epigenetic changes offer new therapeutic targets, which have yet to be explored in oral squamous cell carcinoma, but have shown promise in other tumour sites. Finally, the ability to determine the pattern of hypermethylation with great sensitivity and specificity, in both tumour tissue and in circulating free DNA, has potential clinical application in early diagnosis, non-invasive testing and tumour surveillance. Translational research attempting to exploit this, particularly in oral cancer and other head neck sites is currently progressing within a number of centres and may offer an interesting avenue for accurate molecular staging.

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Figure 1: Methylation of CpG islands in gene promoter region prevents transcription



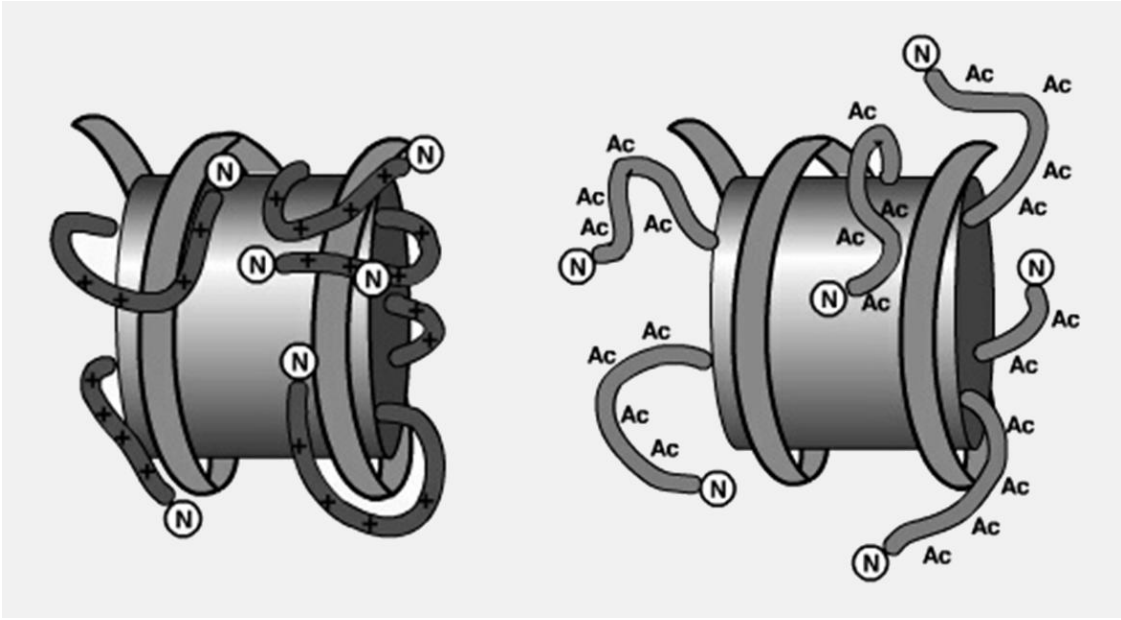
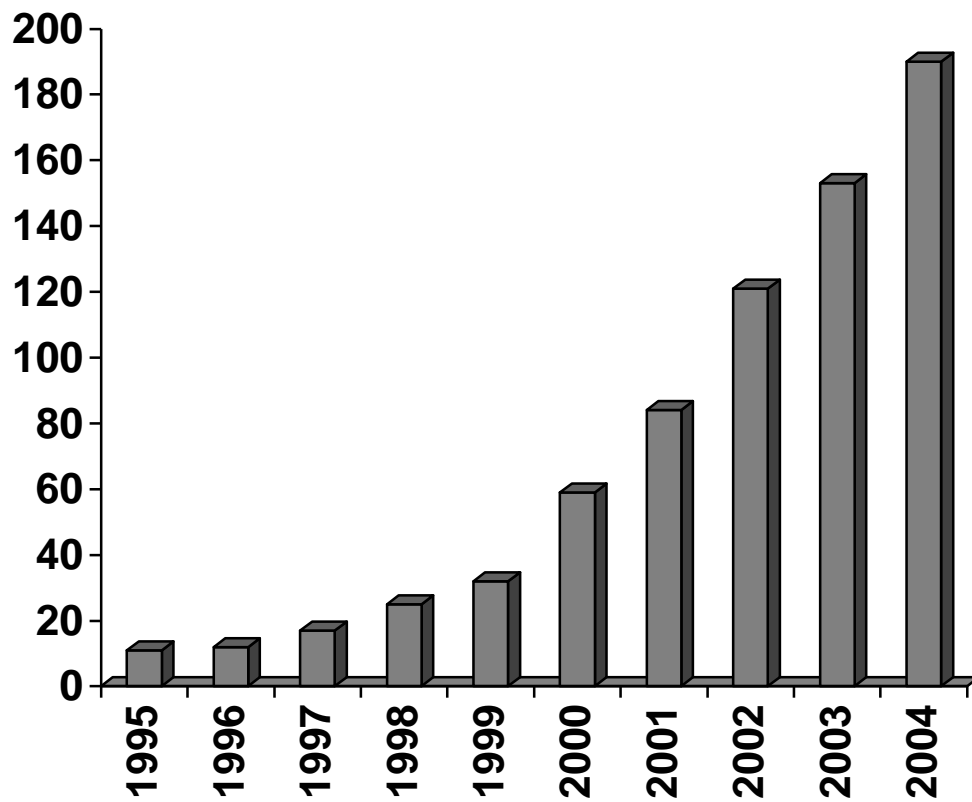


Figure 2 Deacetylated nucleosome with tight structure (left) and acetylated nucleosome with loose structure (right)

Figure 3 Number of PubMed entries by year for epigenetics or hypermethylation in relation to all cancer sites. (2004 data is extrapolated from 142 entries by Sep 1st 2004)



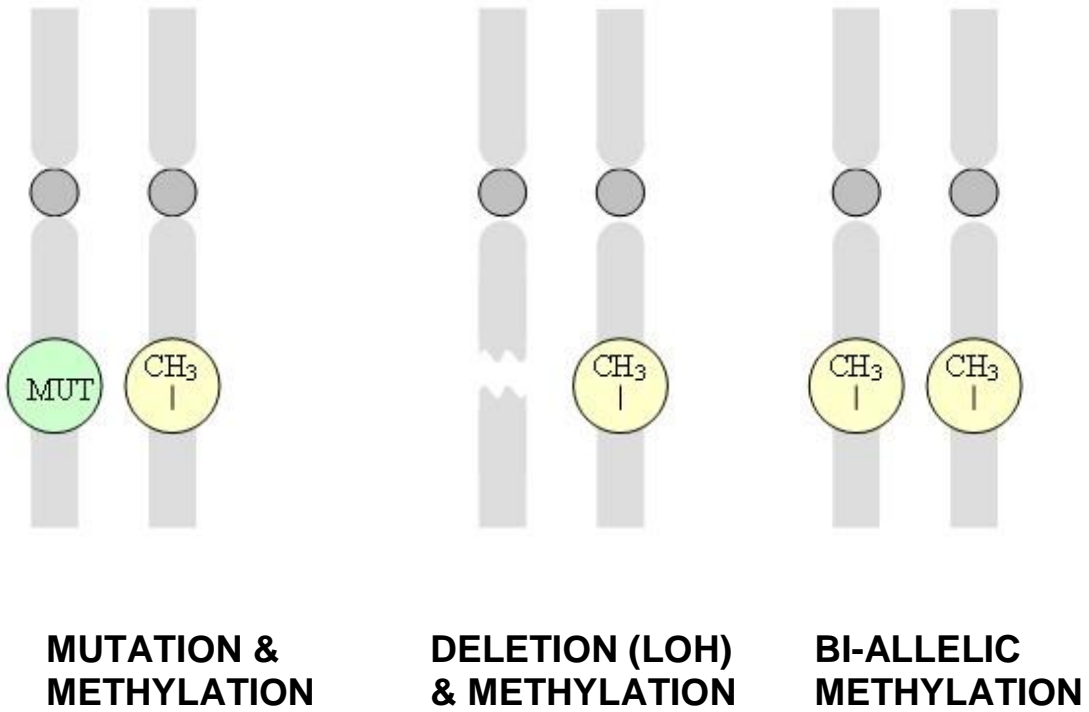


Figure 4 Model of bi-allelic inactivation involving both genetic (mutation or deletion) and epigenetic aberrations (hypermethylation) ⁴⁶

Table 1 Hypermethylated genes in HNSCC

Hallmark ²⁸	Gene			Ref.	Total H&N Patients	Hyper-meth. shown	% Hyper-meth.
	Name	Locus	Function				
1. Insensitivity to antigrowth signals	p16	9p21	Cell cycle – cyclin kinase inhibitor induces differentiation	12,14,27,29,31,33,35,43,44,48,50,52,57,75,78,79,81	956	728	76%
	p15	9p21	TGF beta-mediated cell cycle arrest	4,14,50,75,78,79	340	103	30%
	RARB	3p24	Regulatory protein & apoptosis	43	51	26	26%
	Sigma 14-3-3	22q12	Glucocorticoid signaling	25	92	32	35%
2. Self sufficiency to growth signals	RASSF1A	3p21	RAS pathway regulation	11,29,43,78	218	20	9%
3. Evading apoptosis	p14	9p21	Pro-apoptosis	43,50,62	204	38	19%
	DAP-kinase	19q34	Pro-apoptosis (p53-dependent apoptotic checkpoint)	29,35,43,50,54,57,77,78	577	157	27%
4. Sustained angiogenesis	VHL	3p26-25	Von Hippel-Lindau suppressor gene	81	48	0	0%
	p73	1p36	Angiogenesis & apoptosis	43	51	1	2%
5. Tissue invasion & metastasis	E-Cadherin	16q22	Cell-cell adhesion	3,29,43,49,56,75,82	433	201	46%
	ABO	9q34	Blood group – glycosylation relates to tumour cell motility	24	30	10	33%
	DCC	18q21	Cell-cell adhesion “Deleted in Colorectal Cancer”	50	96	16/96	17%
6. Genome instability	hMLH1	3p21	DNA mismatch repair	39,50,75,78	271	37	14%
	MGMT	10q26	DNA repair for alkylated guanine	35,43,53,57,75,84	545	183	34%
	p53	17p13	DNA repair	81	48	2	4%
Caricnogen detoxification	ATM	11q22	Ataxia-telangectasia mutated gene: Genotoxic stress & radiotherapy	1	100	25	25%
	GSTP1	11q13	Glutathione transferase	14,57	201	0	0%
Unknown	MINT 1, 2, 27,31		Mostly unknown but associated with malignancy ^{71,72}	50	96	22,8,15,14	23,8,16,15

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