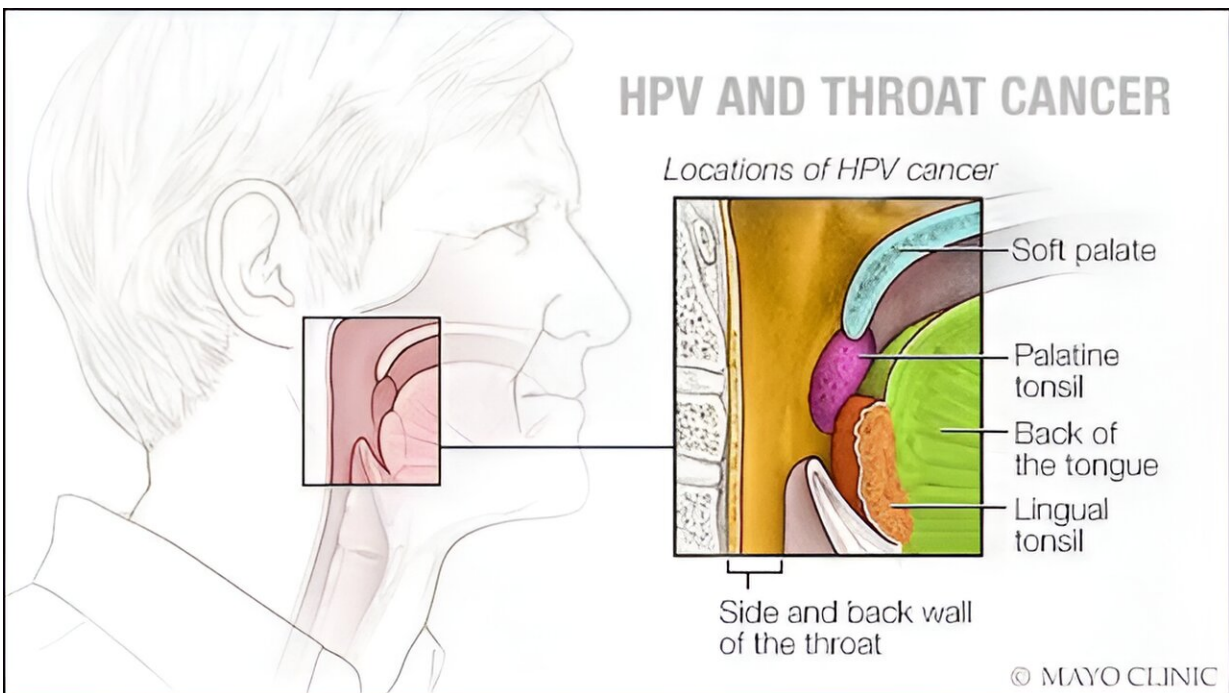


# Video: The link between HPV and throat cancer

March 4 2024, by Deb Balzer



Credit: Mayo Clinic

There are more than 100 strains of [HPV](#). Some types of the virus can cause cancer. HPV 16 has been linked to the rising cases of oropharyngeal cancer, commonly known as throat cancer. It is the most common HPV-associated cancer in [men](#), and the rate of infection continues to increase.

Oropharyngeal cancers are the most common HPV-related cancers, and they occur more frequently in men. About 60% to 70% of head and neck cancers are linked to the virus. Dr. Price explains where it often develops.

"Largely in the oropharynx—this part of the throat that is at the tonsil and then circling around to the back of the tongue, and it's where all of this lymphoid-rich tissue lives," she says.

### **Preventing throat cancer**

These cancers are treatable, but prevention is always better, starting with the HPV vaccine.

"It's a vaccine that is recommended for all boys and girls, at age 11 and 12. That's when it's on the routine recommendation list for vaccines, although you can actually give it as early as 9," Dr. Price says.

The vaccine is available to people through age 45.

"It's much better to get a vaccine that's safe, that has no [long-term side effects](#) or complications than to have to go through surgery, radiation, chemotherapy," says Dr. Price.

The Centers for Disease Control and Prevention has [more information](#) on the vaccine dosage and schedule for children and adults.

Along with vaccination, you can reduce risks by avoiding tobacco and limiting alcohol use.

HPV infection is often symptomless and can lead to cancers of the cervix, vagina, vulva, [penis](#) and [anus](#) as well as the throat.

Provided by Mayo Clinic

Citation: Video: The link between HPV and throat cancer (2024, March 4) retrieved 28 April 2024 from <https://medicalxpress.com/news/2024-03-video-link-hpv-throat-cancer.html>

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