

HPV tops list of oral cancer

Mouth and throat cancer from love, other drugs. *by Dr. Susan Maples*

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hile it seems that the prevalence of all other cancers are declining, mouth and throat cancers have increased by 33 percent in the

last 10 years. One person every 20 minutes, every day, is getting oral cancer. Sadly, for about 40 percent it's deadly within five years, and 50 percent within 10. Why the rapid rise? For decades the primary cause was smoking—especially when coupled with chronic alcohol drinking. But HPV infection is now the top cause, primarily spread by oral sex.

HPV infection is the most rapidly spreading STD, increasing in the U.S. population at approximately 30 percent a year. There are 51 different strains of the Human Papilloma Virus and 25 of those have been associated with mouth and throat cancer. Smokers and drinkers are not off the hook, as each of these increases the risk of HPV

infection, regardless of sexual behavior.

The American Society of Clinical Oncologists has estimated that by 2020 more men will suffer from mouth and throat cancer than women with cervical cancer.

Another risk factor for oral cancer is chronic acid reflux that sometimes results in Barrett's Esophagus. Like the HPV-related cancers, these develop primarily in the back of the throat where your dental hygienist/dentist cannot easily examine well by their traditional oral cancer screening methods, or even with state-of-the-art light detectors. With persistent HPV infection or persistent acid reflux, you and your physician/dentist will want to establish an individualized schedule for endoscopy to thoroughly examine your tonsil area, throat and esophagus.

As for all cancers, early detection is key to a favorable outcome. To find out if you are hosting a persistent HPV infection, it's as easy as gargling with

saline solution and spitting into a cup. The test is highly specific to identify precisely which strain(s) live in the cells.

HPV vaccination is more common now, especially for children and young adults. It covers four of the most risky strains linked to cancer, but remember there are 21 other cancer causing strains. Furthermore, the vaccine's effectiveness varies from person to person, as does its longevity.

Quit smoking, change your diet and/or lifestyle, and by all means, get tested for HPV! Every sexually active adult deserves to know if they need to up the ante in early cancer detection methods!



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HPV



IS NOW A LEADING CAUSE OF ORAL CANCER IN THE UNITED STATES

DID YOU KNOW?



By 2020, the number of HPV-related oral cancers in middle-aged men **is expected to surpass rates** of cervical cancer in women.

AN EARLY ORAL CANCER DIAGNOSIS IS ABSOLUTELY CRITICAL FOR SURVIVAL.

Fortunately, identification of persistent HPV infection is as simple as spitting in a cup. **IT'S EASY, AFFORDABLE, & CONFIDENTIAL.**



Get tested today!



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