

Mayo Clinic Minute: HPV and throat cancer

Editor's note: March 4 is World HPV Awareness Day

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.

[Dr. Katharine Price](#), a Mayo Clinic medical oncologist, says that while [HPV-related throat cancer](#) is often curable, prevention is best.

Video	Audio
	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. Mayo Clinic's Dr. Katharine Price explains where it often develops.
Katharine Price, M.D. Medical Oncology Mayo Clinic	"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 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."
	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."
	For the Mayo Clinic News Network, I'm Joel Streed.

TAG: Along with vaccine, you can reduce risks by avoiding tobacco and limiting alcohol use.