

## Mayo Clinic Minute: Top 3 ways to prevent head and neck cancer

*Editor's note: April is National Head and Neck Cancer Awareness Month*

Throat cancer is one of the fastest-growing cancers, and it is often linked to HPV.

Oropharyngeal cancer, or throat cancer, is a type of head and neck cancer that can be divided into two subgroups: HPV-associated cancers and non-HPV-associated cancers.

And depending on the type of subgroup, they are treated differently.

Dr. Katharine Price, a Mayo Clinic medical oncologist, says there are three ways to reduce your risks for both types of this cancer.

Video

Audio

	Tobacco and alcohol use increase the risk of non-HPV tumors, while HPV is responsible for about 70% of head and neck cancers
Katharine Price, M.D. Medical Oncology Mayo Clinic	"What's important about that is they are different biology and they're much more treatable, meaning they respond better to treatments, and they tend to have a higher cure rate. We're sort of treating those differently than how we treat some of the non-HPV cancers."
	Surgery, radiation and chemotherapy are all treatment options, but Mayo Clinic's Dr. Katharine Price says it is better to reduce the risks of infection.
	"The big three: no smoking tobacco use, minimizing alcohol and then HPV vaccination."
	"We know that smoking and alcohol: big risk factors for head and neck cancer if you do both. This increases your risk even more."
	And she encourages eating a healthy diet.
	"We really should be striving to have a good whole-food diet, trying to minimize eating processed foods and refined sugars."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.