
Focus on Health

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HPV and Related Cancers

A study in the September 2009 issue of the *British Cancer Journal* states: There is increasing evidence that high risk human papilloma virus (HPV) is involved in cancers other than cervical cancer. These would include breast cancer and head and neck cancers. A number of reports have identified HPV DNA in breast tissue and breast cancer specimens.

A type of cells called koilocytes are the putative link present in both breast cancer and cervical cancer.

The next step is to establish whether HPV is the causative agent. In the meantime, vaccination of pubertal girls seems like a good idea from several standpoints, including possible breast cancer protection. Older women should be offered the HPV vaccine as well.

Hearing Loss in Men

Folate reduces hearing loss risk in men. So say researchers at the American Academy of Otolaryngology in San Diego. Foods high in folate, such as spinach, asparagus, turnip greens, lettuces, dried or fresh beans and peas, fortified cereal products, and certain other fruits and vegetables, are helpful, but folate supplements are probably even better.

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