



HPV-Related Cancers an Epidemic in Men



A recent [study](#) in the Journal of the American Medical Association found that **HPV infection raises the chance of throat, mouth or tongue cancer by at least sevenfold**. Men are particularly vulnerable. And according to a new CDC [report](#), the **rates are more than four times higher among males than females**. Dr. Lois Ramondetta, professor of oncology at MD Anderson Cancer Center states, "What's really important to know is there's no screening test."

The most effective way to prevent HPV-related cancer is early vaccination. Boys and girls are supposed to get three doses of the HPV vaccine — starting at age 11 or 12. Only 22 percent of boys between 13 and 17 are properly vaccinated against HPV, increasing their chances for HPV-caused cancers later in life. Read more of this [story at NBC News](#) online.

How Provider Communication Style Influences HPV Vaccination

There's a lesser-known obstacle to children and adolescents receiving the vaccinations they need, provider communication. **Providers' recommendations are one of the strongest and most consistent predictors of vaccination**. Unsurprisingly, vaccination rates are higher in instances in which the health care provider explicitly recommends vaccination. **They should deliver strong, consistent, urgent, and timely recommendations, and do so with authority**.



Many providers believe that parents view HPV vaccination as less important than other vaccines, and often anticipate uncomfortable conversations about it. [Unequivocal provider recommendation](#), however, is highly effective in encouraging all three types of adolescent vaccine, particularly HPV.

Laundry Detergent Packets - Very Dangerous for Kids



During 2013 and 2014, the Poison Control Center received 62,254 calls related to laundry and dishwasher detergent exposure among children younger than 6 years old. A [study](#) found that **detergent packets accounted for 60 percent of all calls**, and almost half of those were referred to a health care facility for evaluation and treatment. This is significantly more than calls related to traditional laundry detergent (17 percent). In addition, **the most serious effects such as coma, trouble breathing, heart problems, and death, were only seen in children exposed to the chemicals in laundry detergent packets**.

Families with children younger than 6 years old should use traditional detergent instead of packets. "Many families don't realize how toxic these highly concentrated laundry detergent packets are," says Marcel J. Casavant, MD, chief of toxicology at Nationwide Children's Hospital and medical director of the Central Ohio Poison Center. "Use traditional laundry detergent when you have young kids in your home. **It isn't worth the risk when there is a safer and effective alternative available.**"

Your Health Information, Your Rights

Twenty-seven percent of Americans are unaware they have a right to an electronic copy of their medical records, and 41% have never even seen their health information. To help explain this important right to individuals and health care providers, there are **easy-to-understand educational tools**, including a series of short videos and an [infographic](#), at [HealthIT.gov](#).

Having easy access to their health information

empowers individuals to be more in control of decisions regarding their health and well-being. They can **monitor chronic conditions better, understand and stay on track with treatment plans, find and fix errors, contribute information to research, and easily take records with them when moving.**



Turn the Tide Rx – Ending the Opioid Crisis



Every 18 minutes, someone in our country dies from a prescription drug or heroin overdose. Clinicians play a unique role in addressing the crisis. With improved prescribing practices, clinicians can reduce the supply of misused opioids while still treating pain safely and effectively.

U.S. Surgeon General Vivek Murthy has launched a national campaign called Turn the Tide Rx, along with a complementary website. It is designed to educate and mobilize prescribers to take immediate action to stem the epidemic. The site offers clinicians practical tools, information, and stories from colleagues offering their insights.

Please visit TurnTheTideRx.org to learn more and take the Surgeon General's pledge to help end the opioid crisis.