

additions to this letter regarding the role of early coitus and dormant HPV in OSCC. In a study conducted by Schwartz *et al.* about oral cancer risk in relation to sexual history and evidence of HPV infection, it was found that HPV type 16 infection may contribute to the development of OSCC and factors such as early coitus, multiple sexual partners and history of genital warts were associated with oral cancer risk in men.² There is a lack of convincing information about studies of OSCC linked with early coitus and dormant HPV in women in the literature. It seems reasonable to postulate that high-risk HPVs have evolved to maintain their infected host cell in a stem cell-like state in order to establish a persistent infection as pericoronitis or tonsillitis which later transforms into OSCC.³ An exfoliated oral cytology test for high-risk HPV is also feasible in this case.⁴

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SUGAR

A latte on my mind

Sir, it is with interest that we followed the news regarding the quantity of sugar contained in hot beverages served in some of the UK's most popular cafes.¹ A red label warning of excessive sugar levels would be required for 98% of the 131 hot beverages surveyed should they be labelled, and 35% containing the same, or even more sugar than a can of Coca Cola.

The worst offender was the 'Hot Mulled Fruit' beverage from Starbucks which contained 99 g of sugar per serving, the equivalent of 25 teaspoons of sugar, closely followed by Costa Coffee's Chai latte containing 79.7 g of sugar per serving.² With the popular trend of adding high sugar syrups into coffee this seems to be an easy way to help surpass the latest World Health Organisation recommendation of

free sugar intake to be less than 5%.³ High free sugar intake can contribute not only to dental caries, but to myriad other health problems including increased body weight and diabetes.

Obviously as dentists we are aware of the dangers of unlabelled food and hidden sugars and in light of this and of the frequency of consumption of these hot beverages (claimed to be one in five visiting a coffee shop daily⁴) perhaps it would be prudent to highlight this information to our patients on a more regular basis?

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4. Shubber K. Everyone wants a taste of booming UK coffee market. *Financial Times* 24 March 2015. Available at: <http://www.ft.com/cms/s/0/860d06cc-d13c-11e4-98a4-00144feab7de.html#axzz3nPPAMG3Qe> (subscription required).

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