Let Me Clear My Throat [1]

Week of:
Jun 20, 2014

Hacking up strange clumps? Why? [2]

Dear Alice,

About every 6 to 12 months I randomly feel as though I have something caught in my throat. Once I hack it up, I notice that it is a spherical "yellowish" clump with an offensive odor. Hacking up this substance occurs sporadically throughout the day and then does not occur for another 6 to 12 months. I heard from my mother that this substance is food or bacteria caught in your tonsils that surfaces every once in awhile. However I have been unable to find any articles or material on the Internet which can confirm this. Does Alice know?

Read more [2]

Strep throat [3]

Dear Alice,

What is strep throat and what can I do to get better?

Read more [3]

Swollen uvula (little thing that hangs in the back of your throat) [4]

Dear Alice,

I am a twenty-five-year-old male and I have a swollen and lengthy uvula (the little thing that hangs in the back of your throat). What could it be? Thanks.

Read more [4]
Oral sex and throat cancer? [5]

Dear Alice,

I just read that oral sex has passed smoking in causes for throat cancer (in men more so than women). Now most of these studies link to the number of partners, but I was wondering, what if I am in a monogamous, healthy, wonderful relationship?

My fiancé and I got worried after reading the article and didn't know if we should cut down. We are each others first partners and we just were not sure of the validity of this research, especially since some of it was funded by Merck, the maker of the HPV vaccine. Can I keep going down on her? Can she keep giving blowjobs, and is it okay still for her to swallow? The reason we are so anxious is we haven't had vaginal intercourse and this is our only form of sexual reciprocation for now until marriage. Please help!

-Desperate To Go Down

Read more [5]

Tips for vocal health [6]

Hi, Alice!

I'm a singer and I was wondering if you had any good tips for proper vocal health. Things like: what foods to stay away from, vocal strains to avoid, and good habits to get into, etc.

Thanks!

Read more [6]
support services and hotlines.

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