

Head & Neck Cancer Awareness

Did You Know:

- Is cancer that develops in the mouth, throat, nose, salivary glands, oral cancers or other areas of the head and neck
- Accounts for approximately 4% of all cancers in the United States
- Is twice as common among men as among women
- More often diagnosed among people over age 50



Factors That Can Increase Your Risk:

- 85% of these cancer cases are linked to tobacco use
- Infection with cancer-causing types of human papillomavirus (HPV), especially HPV type 16
- Poor oral hygiene and missing teeth
- Immigrants from Southeast Asia who use paan (betel quid) in the mouth should be aware that this habit has been strongly associated with an increased risk of oral cancer
- Certain industrial exposures, including exposures to asbestos, synthetic fibers, wood dust, nickel dust, or formaldehyde

Symptoms That Should Be Checked by Your Physician:

- A lump or a sore that does not heal, a sore throat that does not go away, difficulty in swallowing, and a change or hoarseness in the voice
- A white or red patch on the gums, the tongue, or the lining of the mouth or unusual bleeding or pain in the mouth
- Trouble breathing or speaking; pain when swallowing; pain in the neck or the throat that does not go away; frequent headaches, pain, or ringing in the ears; or trouble hearing
- Swelling under the chin or around the jawbone, numbness or paralysis of the muscles in the face, or pain in the face, the chin, or the neck that does not go away.
- Sinuses that are blocked and do not clear; chronic sinus infections that do not respond to antibiotics

Have a yearly physical examination of the head, neck and oropharynx conducted by your primary care physician, as well as a yearly routine dental evaluation.

