What is Head and Neck Cancer?

A group of cells which:
- develop abnormally
- divide uncontrollably
- have the ability to infiltrate and destroy normal Head and Neck tissue

Who gets Head and Neck Cancer?

- Men and Women
- 45,000 new cases/year (US)
- Approx. 4-5% of all cancers diagnosed (US)

What increases your risk of getting Head and Neck Cancer?

- Tobacco: Approximately 90% of people with Head and Neck cancers use tobacco
- Alcohol: Head and Neck cancers are 6 times more common in alcohol users than in non-alcohol users
  - About 75% to 80% of all patients with Head and Neck cancer consume alcohol frequently
- HPV (Human Papillomavirus): may be associated with developing some head and neck cancers
- Family History: Genetic makeup
- Health Conditions: Long-term acid reflux, long-term sore throat/hoarseness
- Environmental: Wood dust, asbestos

What can you do to reduce your risk of developing Head and Neck Cancer?

- Quit smoking: Ask your doctor about ways to quit
- Reduce alcohol consumption: Less than 2 drinks/day for males, and 1 drink/day for females
- Regular self-checks
- Regular physician and dentist visits: Early diagnosis gives the best chance for cure and survival

Where can Head and Neck Cancer occur?

- Nasal Cavity
- Oral Cavity
- Larynx
- Nasopharynx
- Oropharynx
- Laryngopharynx

What are the symptoms of Head and Neck Cancer?

Persistant:
- Lump in the neck
- Pain in the neck or throat
- Sore in the mouth/lip
- White or red patch in the mouth
- Unusual bleeding, pain, or numbness in the mouth or nose
- Pain or difficulty with swallowing or chewing
- Feeling as if something is caught in the throat
- Swelling or trouble opening the jaw
- Hoarseness or a change in the voice
- Numbness in the face
- Blocked sinuses/sinus pain
- Pain in the ear
- Frequent headaches

Who should you talk to about concerning signs and symptoms of Head and Neck Cancer?

- Primary physician
- Dentist
- Ear, Nose and Throat Physician (Otolaryngologist)