HEAD AND NECK CANCERS...

- Make up nearly 4% of all cancers in the U.S.
- Are diagnosed in over 65,000 people yearly in U.S.
- Are twice as common in men
- Occur more often in people over age 50
- Patients will most commonly be diagnosed with mouth, throat, or voice box cancer. Paranasal sinus and nasal cavity cancer and salivary gland cancer are much less common


DID YOU KNOW THEY HAD HEAD AND NECK CANCER?

Presidents: Ulysses S. Grant and Grover Cleveland

Athletes: George Herman “Babe” Ruth, Jim Kelly, Martina Navratilova, Jim Thorpe

Actors/Famous: Sammy Davis Jr., Rod Stewart, Eddie Van Halen, Rikki Rockett, Michael Douglas, Sigmund Freud, Rob Paulsen, George Harrison

HEAD & NECK CANCER

A Fact and Self-Exam Guide

LEARN MORE ABOUT HEAD & NECK CANCER

Head and Neck Cancer Alliance
www.headandneck.org

National Cancer Institute
www.cancer.gov/cancertopics/types/head-and-neck

American Cancer Society

American Head & Neck Society
www.ahns.info

Support for People with Oral and Head and Neck Cancer (SPOHNC)
www.spohtnc.org

Thyroid, Head and Neck Cancer Foundation (THANC)
www.thancfoundation.org/

International Society of Oral Oncology (ISOO)
www.isoo.world/

Head and Neck Cancer Alliance
info@headandneck.org
www.headandneck.org
(866) 792-4622
**ORAL, HEAD AND NECK CANCER FACTS**

**RISK FACTORS**
- **Tobacco**: cigarettes, cigars, pipes, chewing tobacco, snuff
- **Alcohol**: excessive consumption
- **HPV**: sexually transmitted infection with human papillomavirus

**SIGNS AND SYMPTOMS**
- Lump in the mouth, throat, or neck
- A sore in the mouth or throat
- Hoarseness or change in voice
- Swallowing problems or pain
- Difficulty moving the tongue
- Bleeding in the nose, mouth or throat

**WHAT CAN I DO TO PROTECT MYSELF?**
- Stop using tobacco
- Use alcohol in moderation
- Ask your physician about the Human Papillomavirus (HPV) vaccine
- Perform monthly self exams
- Regularly visit your dentist or physician, and ask for an oral, head & neck exam

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**ORAL, HEAD & NECK SELF EXAM**

Follow the four steps below and look for abnormal, irregular, or discolored areas. Compare one side to the other for symmetry.

1. **Check neck for lumps**
2. **Look at lips and cheeks**
3. **Bite gently; look at gums**
4. **Open mouth**

Look at tongue (top, bottom, sides), back of throat, roof of mouth, and under tongue using a flashlight and mirror

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If you discover abnormal, irregular, or discolored areas or lumps that are different on one side compared to the other, contact your health care provider or dentist.