

Oral Head & Neck Cancer Facts

Risk Factors

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

Signs and symptoms

- Lump or sore in mouth or throat
- Hoarseness or change in voice
- Swallowing problems or pain
- Bleeding: nose, mouth or throat

What Can I Do To Protect Myself?

- Stop using Tobacco
- Use Alcohol in moderation
- If 26 years old or younger consult your physician about vaccines for the Human Papillomavirus (HPV)
- Perform monthly self exams
- Regularly visit your dentist or physician. Ask that they perform an oral head & neck exam.



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.

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.

Oral Head & Neck Cancer Is Not a Rare Disease

Oral Head & Neck Cancer is the 5th most common cancer in the World

*Approx 50,000/year in U.S. excluding thyroid

*Approx 95,000/year in U.S. including thyroid

Did You Know They Had Head & Neck Cancer?

Presidents of the United States

Ulysses S. Grant & Grover Cleveland

Athletes

George Herman "Babe" Ruth

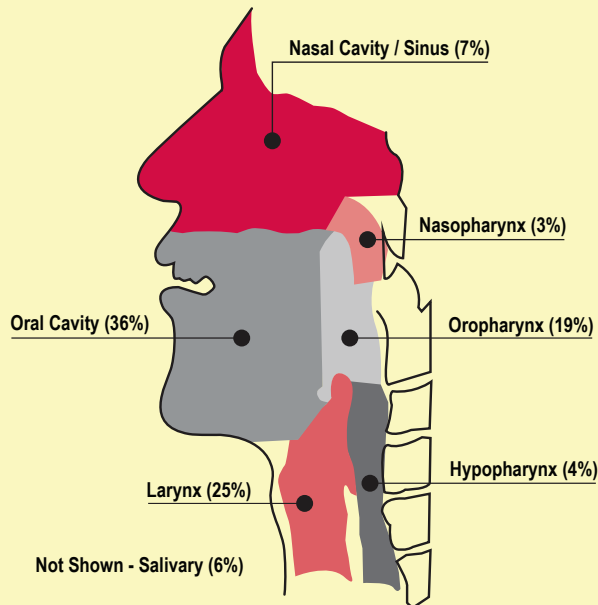
Musicians

George Harrison, Sammy Davis Jr. & Peter Tork

Actors, Celebrities & Others

Michael Douglas, Roger Ebert, Sigmund Freud,

Humphrey Bogart & William Rehnquist



Distribution of Head & Neck Cancers by Subsite

Resources to learn more about Oral, Head and Neck Cancer

National Cancer Institute

www.cancer.gov/cancertopics/types/head-and-neck

Head & Neck Cancer ALLIANCE

www.headandneck.org

American Cancer Society

www.cancer.org/index

American Head & Neck Society

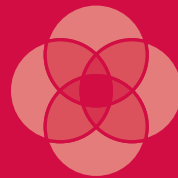
www.ahns.info/index.php

Oral Cancer Foundation

www.oralcancerfoundation.org

Support for People with Oral Head & Neck Cancer (SPOHNC)

www.spohnc.org



HEAD AND NECK CANCER
ALLIANCE

Contact Us

Head and Neck Cancer Alliance
(HNCA)

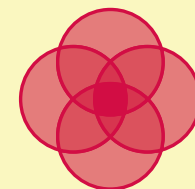
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Head & Neck Cancer

A Fact and Self-Exam Guide



HEAD AND NECK CANCER
ALLIANCE