Tobacco and Alcohol

- Using tobacco products increases your risk of head and neck cancer by 15x compared to a non-smoker.
- People who use both tobacco and alcohol are at greater risk of developing these cancers than people who use either tobacco or alcohol alone.
- At least 75% of head and neck cancers are caused by tobacco and alcohol use.
- Quit tobacco products and reduce/eliminate alcohol consumption to reduce these major risks for cancer of the oral cavity and larynx.

Human Papillomavirus (HPV): A Common Sexually Transmitted Virus

- Did you know HPV doesn’t just cause cervical cancer in women?
- About 70% of cancers in the oropharynx (including the tonsils, soft palate, and base of the tongue) are linked to HPV.
- The incidence of oropharyngeal cancers in the United States, caused by HPV infection, is increasing, while the incidence from other causes is decreasing.

Other Risk Factors

- Mate
- Oral Health
- Preserved/Salted Foods
- Ancestry
- Radiation exposure
- Epstein-Barr virus
- Occupation/Industrial exposure

Other causes of head and neck cancer include:

- Radiation to the head and neck, for noncancerous conditions or cancer, is a risk factor for cancer of the salivary glands.
- Poor oral hygiene and missing teeth may be weak risk factors for cancers of the oral cavity.
- Consumption of certain preserved or salted foods during childhood is a risk factor for nasopharyngeal cancer.
- Asian ancestry, particularly Chinese ancestry, is a risk factor for nasopharyngeal cancer.
- Radiation exposure to the head and neck can be caused by exposure to wood or nickel dust, asbestos, synthetic fibers, or formaldehyde.
- Epstein-Barr virus, is a risk factor for nasopharyngeal cancer and cancer of the salivary glands.
- Occupation/Industrial exposure can lead to increased risk of head and neck cancer.

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Ask your doctor about receiving the HPV vaccine!

- Maximum protection is achieved through 2 doses of vaccine given to girls and boys at ages 11 and 12.

This information is being used for educational and informational purposes only. It is not intended to replace medical advice from a physician.