

COMMON RISK FACTORS

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

SIGNS & SYMPTOMS

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

Jamie Powell had to remain in the hospital for a week during the same time COVID was spreading in the US.

It was extremely hard to go through this alone, but I knew I had to stay strong. They removed 1/3 of my tongue along with the lymph nodes on my left side.



Disclosure: The information published on our website and in our materials is intended to educate you about head and neck cancer. The content is not intended to take the place of a discussion with a qualified physician who is familiar with your medical situation. It is important to remember that each individual is different, and the reasons for—and outcomes of—any treatment plan depends on the patient's individual condition. If you have questions or concerns after reading any information on this website or in our material, you should discuss them openly and honestly with your physician.

HEAD AND NECK CANCER STATS

According to the National Cancer Institute (NCI), head and neck cancer compromises 4% of all cancers in the United States.

Head and neck cancer occurs in the nasal cavity, sinuses, lips, mouth, salivary glands, throat or larynx (voice box).

Based on the most recent statistics available, the annual incidence of head and neck cancer in the United States is more than 68,000 cases.

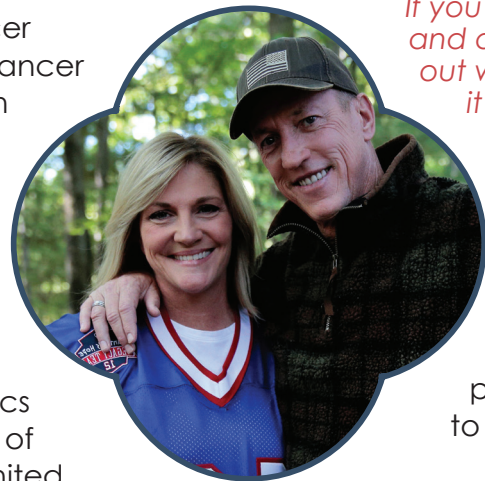
Head and neck cancer is more than twice as common in men as it is in women and diagnosed more often in people over age 50.



Following my cancer treatment, I took up a sport called Pickleball. I hung tournament medals on the feeding tube stand that I converted into a lamp, symbolizing brighter days ahead.

In 2021, **Melvin LeBlanc**, HNCA Ambassador, won the championship gold medal at the Texas Senior (Pickleball) Games and will join the 2022 Senior Olympic Games.

ABOUT US



*If you feel like there is something going on and don't quite know, **get screened**. Find out what it is. Too many people wait until it's too late. The key is early diagnosis.*

- Jim Kelly

NFL Pro Football Hall of Famer and Head and Neck Cancer Survivor

Since 1998, the organization has worked to increase early detection of these cancers by partnering with local health facilities to conduct awareness programs and health screenings.

Today, HNCA's goal is to become the "one stop shop" for the public, patients, caregivers, survivors, clinicians, and other concerned individuals seeking support and information about oral, head and neck cancer.

MISSION

To save lives through prevention, early detection, treatment, and research of head and neck cancer.

OUR MAJOR AREAS OF FOCUS

- Public Awareness and Health Screenings
- Patient/Caregiver/Survivor Health Education
- Patient/Caregiver/Survivor Support Programs
- Research & Advocacy

GET INVOLVED



Make a Donation



Become an Ambassador



Maximize Your Donation with Gift Matching



Engage with us on Social Media



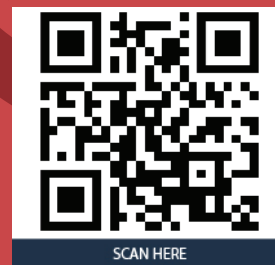
Planned and/or Memorial Giving



Host an Event in Your Community (Walk, Run, Golf, Tennis, etc.)



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ALLIANCE



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OUR PROGRAMS

#OHANCAW #EDUCATESCREENTREAT

- **Oral, Head and Neck Cancer Awareness® (OHANCA®):** In this flagship program, HNCA partners with medical and dental clinics worldwide to offer FREE screenings and awareness programs in their local communities. When detected at stages 1 and 2, the survival rate is over 80%; however, more than half of all cases are found at later stages. When caught at a later stage, survival is less and side effects of treatment are much more significant. This is why early detection is so important.
- **Move-A-Thon:** Held during April, as part of Oral, Head and Neck Cancer Awareness Month, this national fundraising event encourages people to MOVE while raising funds and awareness.

HNCA provides me with the information and support I need. It also provides me with a medium to serve as a role model to others diagnosed with head and neck cancer.

- Jason Mendelsohn
Stage IV HPV-related throat cancer survivor & officer of the HNCA board



AWARENESS, SUPPORT, EDUCATION, INFORMATION

- **Patient Education Programs:** Our education initiatives are designed to empower patients, caregivers, and survivors with comprehensive knowledge of head and neck cancer to help them stay informed.
- **HNCA Webinars and Annual Survivorship Symposium:** HNCA, in partnership with the American Head and Neck Society (AHNS), offers free online webinars throughout the year, featuring medical experts and survivor panelists, on a host of topics from dental care, managing side effects and the importance of nutrition. Each year, the AHNS/HNCA also hosts a Survivorship Symposium where patients, survivors and caregivers come together to share their experiences, learn from medical experts and one another, and advocate for one another.
- **HNCA Ambassador Program:** We strive to empower patients and survivors to share their journeys. Our Ambassadors, who are patients, survivors and/or caregivers, are dedicated to educating the community about these cancers. Their inspirational journeys give true meaning to what happens when you are diagnosed with cancer, during and post-treatment.

- **HNCA Gas Card Program:** Funded in part by our annual Smash Cancer Tennis Tournaments, HNCA offers a limited supply of \$50 gas cards to help patients cover the cost of transportation to their medical facility.
- **Clinical Trials:** HNCA provides resources that teach patients about the importance of clinical trials and what is involved in participating in a trial. Patients can use our resources and search our Clinical Trial Finder to guide discussion with your medical team about the best treatment option for you.
- **Peer-to-Peer Mentorship Program:** Through our partnership with Imerman Angels, we provide the opportunity for peer-to-peer support for the head and neck cancer community. Whether you are a patient, survivor, or caregiver, you can connect with someone to give or receive support.

As soon as I heard the word 'cancer,' I thought of dying. The doctor kept talking but I couldn't hear him. Although I knew the road ahead would be challenging, I was so grateful that I listened to my body.

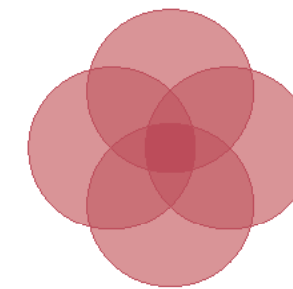
- Shant'a Miller-White
HNCA Ambassador & throat cancer survivor



Hank Deneski, a decade-long survivor of stage IV tongue cancer and founder of Western Ohio Oral, Head and Neck Cancer Support, refers to head and neck cancer as an "orphan" cancer.

Very little is known about head and neck cancer, and comparatively, it receives less attention than other cancers. HNCA is working to change this.

- **HNCA Online Support Community:** This free online community is available to patients, survivors, and their loved ones. The community offers peer-to-peer support so you can connect with others experiencing diagnoses, treatments, and outcomes similar to yours. *The online community is not staffed by professionals and does not provide diagnosis or medical opinions; information shared through the community is for support purposes only.*



**HEAD AND NECK CANCER
ALLIANCE**

CORPORATE GRANT/ SPONSORSHIP

HNCA thanks our many corporate partners for their ongoing dedication to HNCA, head and neck cancer patients, survivors, and caregivers.

There are many opportunities available to support HNCA and our vital programs. To learn more about sponsorship opportunities, please contact info@headandneck.org.

HOST AN EVENT

We continue to grow and expand our offerings. For information on hosting an event in your community to benefit HNCA and our programs, please contact us at info@headandneck.org.

DONATE

For more information or to **DONATE**, go to www.headandneck.org

Silence helped me speak louder than ever. Don't let head and neck cancer steal your voice. Get screened today!

-Rob Paulsen
Voice actor and throat cancer survivor



TOGETHER WE FACE IT.