

## 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

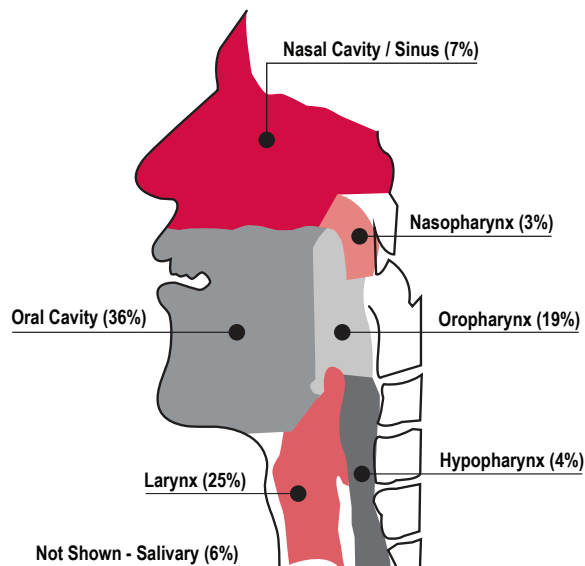
(Source: NCI): <https://www.cancer.gov/types/head-and-neck/head-neck-fact-sheet#how-common-are-head-and-neck-cancers>

## 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, Ricki Rockett, Michael Douglas, Sigmund Freud, Rob Paulsen, George Harrison



## LEARN MORE ABOUT HEAD & NECK CANCER

### Head and Neck Cancer Alliance

[www.headandneck.org](http://www.headandneck.org)

### National Cancer Institute

[www.cancer.gov/cancertopics/types/head-and-neck](http://www.cancer.gov/cancertopics/types/head-and-neck)

### American Cancer Society

[www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer.html](http://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer.html)

### American Head & Neck Society

[www.ahns.info](http://www.ahns.info)

### Support for People with Oral and Head and Neck Cancer (SPOHNC)

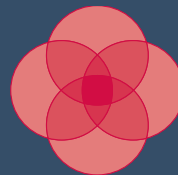
[www.spoync.org](http://www.spoync.org)

### Thyroid, Head and Neck Cancer Foundation (THANC)

[www.thancfoundation.org/](http://www.thancfoundation.org/)

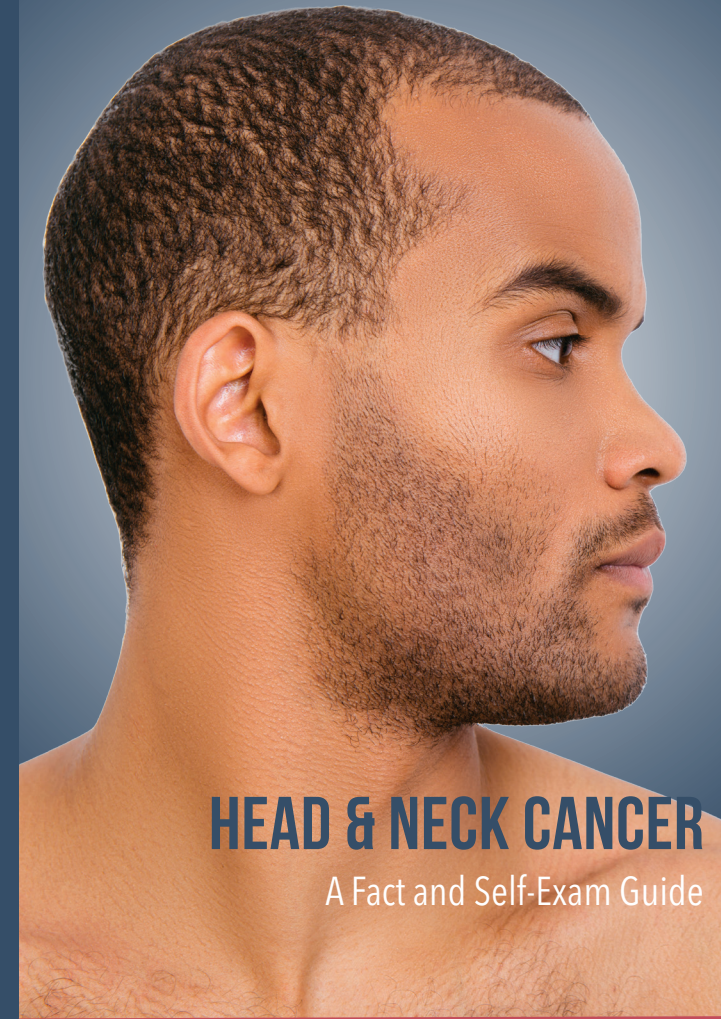
### International Society of Oral Oncology (ISOO)

[www.isoo.world/](http://www.isoo.world/)



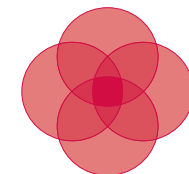
HEAD AND NECK CANCER  
**ALLIANCE**

[info@headandneck.org](mailto:info@headandneck.org)  
[www.headandneck.org](http://www.headandneck.org)  
(866) 792-4622



## HEAD & NECK CANCER

A Fact and Self-Exam Guide



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HEADANDNECK.ORG

## ORAL, HEAD AND NECK CANCER FACTS

### RISK FACTORS

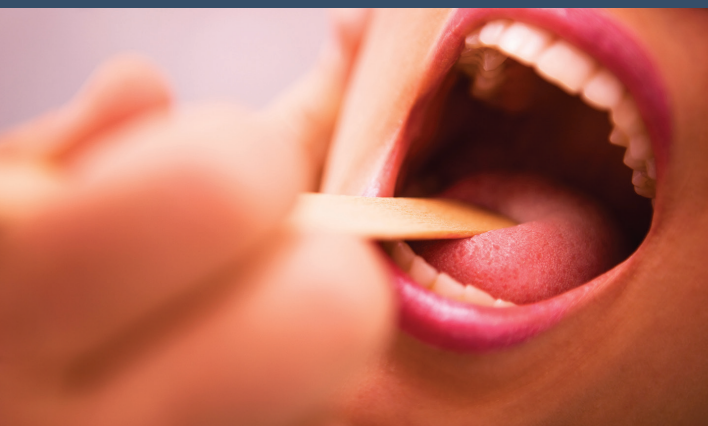
- **Tobacco:** cigarettes, cigars, pipes, chewing tobacco, snuff
- **Alcohol:** excessive consumption
- **HPV:** sexually transmitted infection with human papillomavirus

### 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

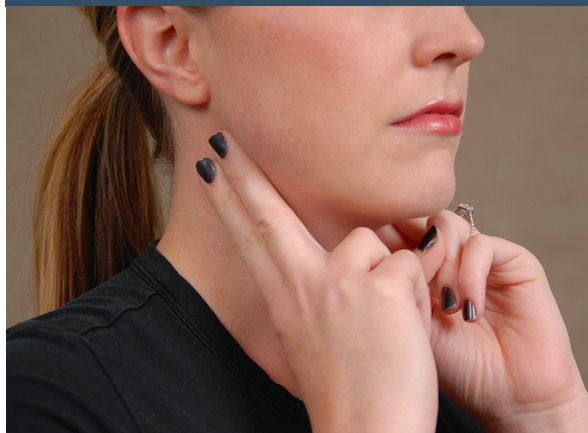


## ORAL, HEAD & NECK SELF EXAM

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.