



# HEAD & NECK CANCER

## LEARN YOUR RISK AND GET SCREENED.

Detecting head and neck cancer in its early stages and treating it accurately significantly improves outcomes.

# 68,000+

NEW HEAD & NECK CANCER CASES  
ARE **DIAGNOSED** EACH YEAR  
IN THE U.S.

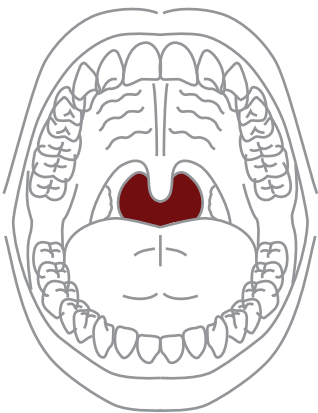


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## WHAT IS HEAD & NECK CANCER?

HEAD AND NECK CANCER INCLUDES CANCER OF THE:



- Lip, tongue, salivary glands, gums and other oral cavity tissues such as the inner lining of the cheeks
- Floor of the mouth
- Tonsils
- Throat or pharynx
- Voice box or larynx
- Lymph nodes in the neck

## EARLY SIGNS & SYMPTOMS

Early signs and symptoms of head and neck cancer can mimic common illnesses, including:

- » **SORE THROAT**  
OR FEELING THAT SOMETHING IS CAUGHT IN THE THROAT THAT DOESN'T GO AWAY
- » **TROUBLE CHEWING OR SWALLOWING**
- » **NUMBNESS** OF THE TONGUE OR OTHER AREAS OF THE MOUTH
- » **HOARSENESS**  
OR VOICE CHANGES THAT DO NOT GO AWAY
- » **A LUMP OR MASS**  
IN THE NECK

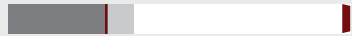
THE RISK OF THESE CANCERS  
IN PEOPLE WHO ARE  
**HEAVY DRINKERS  
AND USE TOBACCO**  
MAY BE AS MUCH AS

**100X  
MORE**

THAN THE RISK OF THESE CANCERS  
IN PEOPLE WHO  
DON'T SMOKE OR DRINK.

## COMMON RISK FACTORS

### TOBACCO USE



Most people with head & neck  
cancers use tobacco.

### HEAVY DRINKING



About 7 out of 10 patients with head  
& neck cancer are heavy drinkers.

### HPV-16



HPV-16 can cause cancer in the back  
of the throat, most commonly in  
the base of the tongue and tonsils.



## GET SCREENED. EARLY DETECTION SAVES LIVES.

A simple, painless screening for head and neck cancer  
is something you want to incorporate in your annual  
health check-up by a dentist, doctor, dental hygienist  
or by self-exam.

### Perform a **SIX STEP** oral cancer self-exam each month:

- 1 Remove any dentures
- 2 Look and feel inside the lips and the front of gums
- 3 Tilt head back to inspect and feel the roof of your mouth
- 4 Pull the cheek out to see its inside surface as well as the back of the gums
- 5 Pull out your tongue and look at all of its surfaces
- 6 Feel for lumps or enlarged lymph nodes (glands) in both sides of the neck including under the lower jaw

Follow screening recommendations  
based on your age and risk factors.

TO LEARN MORE, VISIT:  
**MARYBIRD.ORG/HEADANDNECK**  
OR CALL (225) 215-1234.



#### SOURCES:

Oral Cancer Foundation  
American Cancer Society  
National Cancer Institute