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.

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

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
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