



Head & Neck Cancer: Cut Your Risk

PAID PROMOTIONAL FEATURE

Smoking (including secondhand smoke and smokeless tobacco, sometimes called “chewing tobacco” or “snuff”) is the number one risk factor for getting head and neck cancer. And people who use both tobacco and alcohol are many times more likely to get head and neck cancer than people with neither habit. Research has also shown that continued smoking by a patient with head and neck cancer may reduce the effectiveness of treatment and increase the chance of a second primary cancer.

RBOI is a member of the Tobacco Free Florida Partnership of Marion County. We support efforts to create tobacco-free environments and smoking cessation and prevention programs, especially those targeted to our youth. Wendy Hall, a Licensed Clinical Social Worker and Cancer Navigator at RBOI, is also a tobacco cessation specialist. Call her at 352-527-0106 for more information.

Did You Know?

Head and neck cancers are divided into five main types:

- *Laryngeal and hypopharyngeal cancers occur in and around the voice box.*
- *Nasal cavity and paranasal sinus cancers occur behind the nose.*
- *Nasopharyngeal cancers occur at the upper part of the throat behind the nose.*
- *Oral and oropharyngeal cancers occur in the mouth, tongue, and the area from tonsils to voice box.*
- *Salivary gland cancers occur in the mouth glands that produce saliva.*



Know Your Symptoms

Hoarseness and voice changes can be a sign of head and neck cancer; see your doctor if they do not improve within two weeks. Head and neck cancers can also start away from the vocal cords and produce other symptoms. The most common is swelling or a sore that does not heal.

Other symptoms include:

- Persistent sore throat
- Constant coughing
- Pain/difficulty chewing, swallowing, or moving jaw or tongue
- Ear pain/infection
- Trouble breathing
- A lump, bump, or mass in head or neck
- A red or white patch in the mouth
- Foul mouth odor not explained by hygiene
- Persistent nasal obstruction/congestion
- Frequent nosebleeds and/or unusual discharge
- Double vision
- Numbness/weakness in the head and neck region
- Blood in saliva or phlegm
- Loosening teeth
- Dentures no longer fit
- Unexplained weight loss
- Fatigue

by the numbers

54,000

New diagnoses of head and neck cancer in the US estimated for 2022



More than

2x

Head and neck cancers are more than twice as common among men as they are among women



70%

Oropharyngeal cancers in the US caused by oral HPV infections



75 to 84

Age range during which oral cavity cancer most commonly occurs, although it may occur in adults of any age

The HPV Connection: Get Vaccinated!

Human papillomavirus (HPV), the most common sexually transmitted virus in the US, has been playing an increasing role in head and neck cancers. About 25 percent of head and neck cancers have been linked to HPV infection, especially in oropharyngeal tumors, and the rates of these cancers in men in particular have escalated.

There are vaccines available to protect you from the HPV strains that cause head and neck cancer, and researchers have found an additional benefit to getting vaccinated. The more people who get vaccinated against HPV, the less the germ that causes it can spread, protecting people who have not been vaccinated. Between 2009 and 2016, rates of HPV vaccination in both men and women increased, while rates of oral HPV infection among unvaccinated men dropped by 37%.

Anil Chaturvedi, Ph.D., and Barry Graubard, Ph.D., of the National Cancer Institute's Division of Cancer Epidemiology and Genetics, led the study. As Dr. Chaturvedi says, prevention of oral HPV infections today can prevent oropharyngeal cancers in the future.



Patient-centered radiation oncology close to home

The Villages 352.259.2200
Ocala 352.732.0277
Timber Ridge 352.861.2400
Inverness 352.726.3400
Lecanto 352.527.0106

RBOI.com

 Like us on Facebook