**HEAD AND NECK CANCER**

April draws attention to many different cancers. It is National Oral,

Head, Neck, Esophageal and Testicular Awareness month.

Tobacco, alcohol and HPV increase the risk for developing oral, head

and neck cancers. Because symptoms often go unnoticed, early

diagnosis is the key to preventing these cancers.

**Symptoms of Head & Neck Cancers**

Head & neck cancers can occur inside the mouth (oral cavity), in

the salivary glands, in the sinuses and nasal cavity, in the larynx

(voice box), and in the airway leading from behind the nose and

mouth to the top of the esophagus (the pipe through which food

travels to the stomach).

Symptoms vary, depending on the location of the cancer, but they may

include:

• A sore in the mouth that bleeds or doesn’t heal

• Red or white patches inside the mouth that don’t clear up

• A lump or swelling in the neck

• A sore throat or hoarseness that doesn’t go away

• Pain in the ears, neck, throat, jaws, or tongue

• Nosebleeds, repeated sinus infections, or nasal congestion that won’t

clear up despite treatment

• Blood in mucus that is coughed up

• Trouble chewing or swallowing

• Loose teeth, or dentures that suddenly don’t fit well

• Numbness in the head & neck area

• Sores or changes in the appearance of moles on your

head and neck

If you experience any of these symptoms that linger go to your doctor

to be checked.

**Who’s at Greatest Risk for Head & Neck Cancer?**

• People who drink heavily.

• People who use tobacco (smoked or chewed).

• People treated previously for head & neck cancer.

• People infected with the Human Papilloma Virus (HPV), a very

common sexually transmitted disease that often does not produce symptoms.

**EARLY DETECTION SAVES LIVES**