1. **Your Age**

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<th>30s</th>
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<th>50s</th>
<th>60s</th>
<th>70s</th>
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2. **Smoke cigarettes or other forms of tobacco such as bidis, cigars, cigarillos, little cigars, kreteks, pipes, or hookas**

   - NO
   - Former Smoker
   - YES

3. **Chew tobacco, use spit tobacco (dip or oral dissolvable tobacco products), sniff or inhale snuff**

   - NO
   - Former Tobacco User
   - YES

4. **Drink alcohol frequently and consume large amounts**

   - NO
   - Former Drinker
   - YES

5. **Human Papillomavirus (HPV) vaccine (ages 9-26 years)**

   - NO
   - I started my HPV vaccines, but did not get all 3 shots
   - YES
   - I completed my HPV vaccine series of 3 shots within a 6-month period

6. **Sexual behavior**

   - NO
   - I have oral sex with several partners
   - YES
   - My partner(s) engages in sex with others

7. **Family history of head or neck cancer including mouth, lips, nose, or throat**

   - NO
   - YES

8. **Other lifestyle choices**

   - YES
   - I eat a diet rich in vegetables and fruits
   - NO
   - I eat salt preserved foods (examples: salted fish, salted meat)
   -NO
   - I work with wood, sawdust, asbestos, toxic fumes
   -YES
   - I protect my lips from the sun’s ultraviolet (UV) rays with balm that has sun protective factor
   -NO

9. **Head and neck cancer symptoms**

   - NO
   - White or red patch on the gums, tongue or lining of the mouth
   - YES
   - Painful or difficult to swallow; feeling of something caught in the throat
   - YES
   - Mass or lump in the neck; pain or swelling in the face, chin or neck
   - YES
   - Sore throat or a cough that doesn’t go away
   - YES
   - Trouble breathing or speaking; hoarseness or a change in the voice
   - YES
   - Glands or lymph nodes in the neck are enlarged

This list of head and neck cancer risk factors and symptoms is derived from information published by the National Cancer Institute (NCI) and the American Dental Association. Some of the symptoms may also come from other illnesses or conditions. Talk with your doctor if you experience these symptoms.

For more information about head and neck cancer, turn this page over and visit:

gru.edu/cancer
TYPES OF HEAD & NECK CANCER
Cancers of the head and neck are named for the area where they begin.

**Oral Cavity**—lips, gums, lining inside the cheeks, front 2/3 of the tongue, under the tongue and roof of the mouth

**Pharynx**—hollow tube part of the throat (5 inches) that starts behind the nose and includes the back of the mouth, tonsils and back 1/3 of the tongue as well as the hypopharynx, the lower part of the tube that connects to the esophagus

**Larynx**—the “voice box” that includes the vocal cords and epiglottis, a structure that covers the larynx to keep food from going into the airway when you swallow

**Paranasal sinuses and nasal cavity**—inside the nose and the sinuses

**Salivary Glands**—the glands in the neck and mouth that produce spit to help with digestion, swallowing and speech

GET THE FACTS ABOUT HEAD & NECK CANCER IN THE U.S.
Head and neck cancers generally affect the parts of the body that deal with speaking, breathing and eating. The areas that make up head and neck cancers include: the mouth (the tongue and gums), nose, sinuses and throat. Oral cancer and throat cancer are types of head and neck cancer. Cancers of the brain, esophagus or thyroid are not included in the head and neck cancer category.

- Head and neck cancers are not common and account for 3%-5% of all cancers
- 54,000 men and women are diagnosed with head and neck cancer each year
- More men than women, about twice as many men, are affected
- Oral and pharynx (throat) cancer comprises 85% of head and neck cancers
- 45,780 new cases of oral or pharynx (throat) cancer occur each year
- The overall death rate from head and neck cancer is high (50% for 5-year survival) because it is usually advanced when discovered, however, many head and neck cancers are highly treatable if discovered early

As we grow older the chance of being diagnosed with head and neck cancer increases, but, the risk of getting this cancer is not the same for all people in a given age group. The main causes of head and neck cancer are:

- **Tobacco**: using tobacco products in any form (smoking cigarettes, cigars, hookah, or pipes; chewing tobacco; inhaling snuff); linked to 75% of head and neck cancers
- **Alcohol**: heavy drinking
- **Human Papillomavirus (HPV)**, especially HPV-16; this cause of oral cancer is rising
- **Preserved or salted foods** consumed during childhood
- **Prolonged sun exposure**: linked to lip and skin cancer
- **Occupational exposure** to toxic fumes, asbestos or wood dust

USE YOUR HEAD—LOWER YOUR RISK OF HEAD & NECK CANCER
You can prevent head and neck cancer!

- Do not use tobacco products. Quit smoking! Stop chewing tobacco!
- Limit alcohol consumption.
- Get the HPV vaccine. It is safe and effective. The HPV vaccine is recommended for males ages 9-21 years and females ages 9-26 years, with 11-12 years the ideal age for all.
- Get a regular dental check-up each year; during a routine exam the dentist should provide an oral cancer screening.
- Get a physical exam of the head and neck by your primary care physician every year.