

## Why Choose Duke Personalized Treatment Recommendations?

- Tailored to the stage and type of your cancer
- Involves minimizing the many different functional and cosmetic concerns that can be associated with head and neck cancers.
- Access to clinical research trials
- Access to minimally invasive procedures help you return home sooner and heal faster

## Why Should you Get your Care at Duke?

Where you receive your cancer care is important. Our cancer program is nationally ranked, and the highest-ranked program in North Carolina, according to U.S. News & World Report for 2023–2024.



### Contact

Call 855-855-6484 or scan the QR code to request an appointment.



# What Should You Know About Head and Neck Cancers



# What Should I know About Head and Neck Cancers?



Head and neck cancers include different types of cancers that develop in the following areas:

- Oral cavity also known as mouth (lining of gums, lips, front of tongue, roof of mouth, inner cheek)
- Oropharynx also known as throat (base of tongue, tonsils, soft palate)
- Larynx also known as voice box (vocal cords and epiglottis)
- Sinuses and nasal cavity
- Salivary Glands
- Thyroid

## Who Is at High Risk for Head and Neck Cancers?

- People who are more likely to develop cancer in the oropharynx (throat) have HPV Virus. HPV related throat cancer is the most common HPV related cancer in the US.
- The most common type of head and neck cancers involve cancers of the mouth and throat
- People who are more likely to develop cancer in the oral cavity (mouth) or larynx (voice box) are people who:
  - use tobacco [smoking or chewing or chew betel quaid (paan)]
  - use marijuana
  - drink alcohol
  - have poor oral hygiene and oral health
  - have occupational exposure to wood dust or second hand smoke

## Should I Get Vaccinated against HPV?

Yes! The HPV vaccines that help prevent oropharynx, cervical, vaginal, anal and penile cancers also protect against the HPV type that's associated with throat cancers.

- HPV infections are so common that nearly all men and women will get one at some point in their lives.
- Certain HPV types are associated with cancer of the throat.

## Head and Neck Cancer Facts



70 out of 100 oropharyngeal (throat) cancers are caused by HPV. The remainder are associated with tobacco.



90 out of 100 oral cavity (mouth) cancers are caused by tobacco and alcohol use. People who smoke and drink are at greater risk.



Men develop head and neck cancer 2 times more often than women.



More than 90 out of 100 head and neck cancers are squamous cells carcinoma and begin in the soft, moist tissue that lines the mouth, nose, throat and other body areas.



Oral cavity and oropharynx cancers are the types of head and neck cancer that your dentist can detect. Ask for an oral cancer screening at your next dental exam and if need be a referral to a Duke specialist.