WHAT IS HEAD AND NECK CANCER?

Head and neck cancer is a term used to describe a number of different malignant tumors that develop in or around the throat, larynx, nose, sinuses, and mouth.

**WORLDWIDE, AN ESTIMATED 686,000 NEW CASES ARE DIAGNOSED EACH YEAR**

**IN THE U.S., AN ESTIMATED 61,760 NEW CASES WILL BE DIAGNOSED IN 2016**

*oral cavity, pharynx and larynx*

**THE MEDIAN AGE AT DIAGNOSIS IS BETWEEN THE AGES OF 50-59**

**THE INCIDENCE OF HEAD AND NECK CANCER IS 3X HIGHER IN MEN**

Areas of the head and neck where cancers begin:

- **Paranasal sinuses & nasal cavity**
- **Oral cavity**
- **Salivary glands**
- **Pharynx**
- **Larynx**

**2 FACTORS GREATLY INCREASE THE RISK OF HEAD AND NECK CANCER:**

1. **TOBACCO USE**

   85% of head and neck cancer is linked to tobacco use. For example, smoking cigarettes, cigars, or pipes; chewing tobacco; and using snuff. Secondhand smoke may increase a person’s risk of developing head and neck cancer.

2. **FREQUENT AND HEAVY CONSUMPTION OF ALCOHOL**

   Using alcohol and tobacco together increases this risk even more.

Other risk factors include:

- prolonged sun exposure
- infection with cancer-causing types of human papillomavirus (HPV)
- Epstein-Barr virus
- gender
- age
- race
- poor oral/dental hygiene
- environmental/occupational inhalants
- poor nutrition
- gastritis and ulcers
- weakened immune system

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