**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 63,030* NEW CASES WILL BE DIAGNOSED IN 2017**

*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
- Gastroesophageal and laryngopharyngeal reflux diseases
- Weakened immune system