



## HEAD & NECK CANCER AWARENESS

COMMON SIGNS  
& SYMPTOMS OF

# HEAD & NECK CANCER



Sore tongue, non-healing mouth  
ulcers and/or red or white  
patches in the mouth



Pain in the throat



Painful or difficulty swallowing



Lump in the neck



Voice changes,  
becoming gruff or raspy



Blocked nose on one side or  
bloody discharge from the nose

THESE SYMPTOMS MAY ALSO BE CAUSED BY OTHER, LESS SEVERE CONDITIONS.  
IT IS IMPORTANT TO CHECK WITH A DOCTOR OR DENTIST ABOUT ANY OF THESE SYMPTOMS.

NEED  
TO KNOW  
MORE?

@campaign4cancer    
#headandneckcancer #ENT  
CALL US ON: 082 224 4224  
EMAIL US AT: info@campaign4cancer.co.za



CAMPAINING  
FOR CANCER

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# #FACTS ABOUT HEAD & NECK CANCER



## RISK & PREVENTION OF HEAD AND NECK CANCER

Head and neck cancer describes any tumour that is found in the head or neck region, except tumours in the eyes, brain, ears or oesophagus. Substances that greatly increase the risk of developing head and neck cancer are alcohol and tobacco, including smokeless tobacco, sometimes called "chewing tobacco" or "snuff".

### OTHER FACTORS THAT CAN RAISE A PERSON'S RISK OF DEVELOPING HEAD AND NECK CANCER INCLUDE:

- Infection with human papillomavirus (HPV). Infection with HPV is a risk factor for head and neck cancer. Sexual activity with a person who has HPV is the most common way someone gets it. HPV is mostly related to cervical cancer.
- Poor care and hygiene of the mouth and teeth may increase the risk of head and neck cancer.
- Gastroesophageal reflux disease (GERD). Reflux of the stomach acid into the upper airway and throat may be associated with the development of head and neck cancer.

## WAYS TO PREVENT HEAD AND NECK CANCER:

### 1. GET VACCINATED AGAINST HPV

#### DID YOU KNOW?

In South Africa, girls in grade four who are 9 years and older in quintile 1 to 5 schools receive the HPV vaccination through the Integrated School Health Programme.

#### DID YOU KNOW?

Men can also get vaccinated against HPV. Being vaccinated will protect them against other cancers caused by HPV, such as anal cancer. Plus they protect their sexual partners.

PLEASE NOTE: HPV vaccination is only provided in public schools and not in private schools.

### 2. AVOID SMOKING & DRINKING

At least 75% of head and neck cancers are caused by tobacco and alcohol use.

Stopping the use of all tobacco and alcohol products is the most important thing a person can do to reduce their risk, even for people who have been smoking for many years.

### 3. MAINTAIN PROPER DENTAL CARE

Poor care of the mouth and teeth has been suggested as a factor that may increase the risk of head and neck cancer. It is essential to have regular dental check-ups to screen for head and neck cancer.

**EARLY DIAGNOSIS CAN MAKE ALL THE DIFFERENCE AND GREATLY REDUCES THE DEBILITATING SIDE EFFECTS ASSOCIATED WITH THIS HIGHLY PREVENTABLE TYPE OF CANCER.**

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