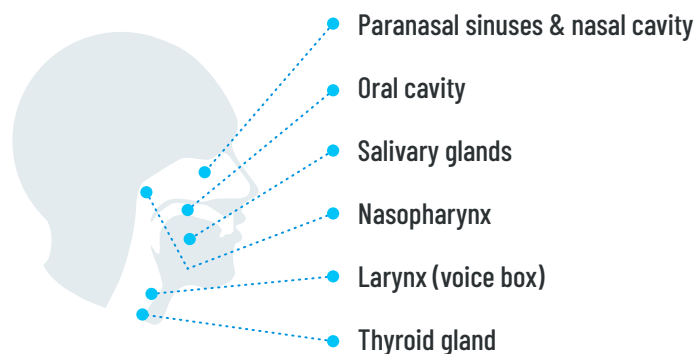


CANCER ABOVE THE SHOULDERS: DON'T SHRUG IT OFF!

WHAT IS HEAD AND NECK CANCER?

Head and neck cancers occur in the throat, mouth, tongue and nasal cavity. About 90% of head and neck cancers (HNC) originate in the squamous cells lining the mucosal surfaces of the mouth, nose and throat, including the larynx. Less common types of HNC occur in the thyroid, salivary glands or nasopharynx, the top of the throat near the nasal cavity.¹



4,300

Canadians are diagnosed with this cancer every year



6%
of all cancer cases worldwide

HOW COMMON IS IT?

Head and neck cancer is the sixth most common malignancy in the world and accounts for 6% of all cancer cases worldwide.²

In Canada, more than 4,300 people are diagnosed with this cancer every year.³

WHAT SYMPTOMS SHOULD YOU LOOK OUT FOR?

Head and neck cancers are curable if the signs and symptoms are caught early. Here are common symptoms to look out for:



Lump in the neck



Change in voice



Growth or red/white patches in mouth



Swallowing problems



Persistent sore throat



Persistent earache

ARE YOU AT RISK?

Common risk factors include:



Human papillomavirus (HPV) infection



Ask your doctor about the HPV vaccine available to Canadians aged 9 to 45.



Alcohol use



Tobacco consumption

WHAT ARE THE TREATMENT OPTIONS?



Surgery



Radiation therapy



Chemotherapy



Targeted therapy



Immunotherapy



For more information on head and neck cancer, visit:
LIFESAVINGTHERAPIES.COM/HEAD-AND-NECK

¹ U.S. National Library of Medicine, MedlinePlus, Head and neck squamous cell carcinoma, <https://medlineplus.gov/genetics/condition/head-and-neck-squamous-cell-carcinoma/>

² European Society for Medical Oncology (ESMO), Essential for Clinicians, Head and Neck Cancers, <https://oncolynpro.esmo.org/content/download/113133/1971849/file/2017-ESMO-Essentials-for-Clinicians-Head-Neck-Cancers-Chapter-1.pdf>

³ Canadian Otolaryngological Society, Head and Neck Cancer, <https://www.entcanada.org/education/general-public/public-information-sheets-2/head-neck/head-neck-cancer/>