

# Early Detection is Key!



**Head and neck cancers, found in the voice box, nasal cavity, mouth cavity, sinuses, throat or salivary glands, are usually detected in their later stages.**

Screenings help find cancer early, when you have no signs or symptoms and it is easier to treat.



[riversideonline.com/headandneckcancer](https://riversideonline.com/headandneckcancer)

 **RIVERSIDE**  
Cancer Care Network

**Tobacco and alcohol use are the leading cause of head and neck cancer.**

Do a monthly self-screening of your mouth, tongue and neck area, especially if you use tobacco or drink alcohol. If you notice a lump in your neck, mouth or lip sores that do not heal, white or red patches, persistent sore throat, difficulty swallowing or moving your jaw, changes in your voice or hoarseness, pain in the ear or unexplained weight loss alert your health care provider.

**To help lower your risk of head and neck cancer:**

- Quit smoking
- Limit alcohol consumption
- Visit your dentist annually for a preventive oral exam and dental cleaning
- Talk with your health care provider how the Human Papillomavirus (HPV) vaccine can help prevent head and neck cancers