

# WHAT TO KNOW ABOUT Head and Neck Cancer Screening

Head and neck cancer cells form in the tissues of the mouth, throat, thyroid, sinus, or other areas of the head and neck.

Head and neck cancer screening helps find cancer early, when it is easier to treat. The screening tests are a head and neck exam and dental exam.



**Head and neck exam.** During this test, your doctor checks the mouth, throat, and neck for lumps.



**Dental exam.** During this test, your dentist checks the mouth and throat for sores and lumps.

## SCREENING RECOMMENDATIONS

Huntsman Cancer Institute recommends **all adults discuss head and neck cancer screening with their doctor or dentist.**

## SIGNS AND SYMPTOMS

If you notice any of the following, talk to your doctor as soon as possible:

- Changes inside your mouth that last more than 2–3 weeks:
  - A sore or lump
  - White or reddish patch
  - Loose teeth
  - Tongue or throat pain, especially toward the ear
- Jaw pain or stiffness
- Neck lump
- Swallowing changes
- Voice changes



## HOW TO PREVENT HEAD AND NECK CANCERS



**Get the HPV vaccine.** The human papilloma virus (HPV) can cause cancers of the throat and neck. The HPV vaccine protects against these cancers. All people ages 9–26 should get the vaccine. Talk to your doctor about the HPV vaccine if you are over age 27.



**Get screened regularly.** Ask your doctor which screening tests are right for you.



**Avoid tobacco.** This includes all forms: cigarettes, e-cigarettes, vaping, and chewing tobacco.



**Be physically active.** Exercise for at least 30 minutes each day.



**Eat healthy food.** Diets high in fruits and vegetables and low in fats and red or processed meats can help prevent cancer.



**Know your family history.** Talk with your doctor about your own health and your family's health history.



**QUESTIONS?**

**1-888-424-2100**

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