WHAT YOU SHOULD KNOW

Head and neck cancers include different types of cancer that develop in the mouth, nose and throat. These cancers include malignant disease that begins in the:

- Oral cavity (mouth lining, gums, lips and tongue)
- Pharynx (soft palate, tonsils)
- Larynx (voice box, vocal chords and epiglottis)
- Sinuses and nasal cavity
- Salivary glands

ARE YOU AT HIGH RISK?

You are more likely to develop cancer in the head and neck if you:

- Smoke (including marijuana) or chew tobacco
- Drink alcohol

Other risk factors for some head and neck cancers include:

- Chewing betel quid (paan)
- Poor oral hygiene and oral health
- Occupational exposure to wood dust or second-hand smoke
- Human Papillomavirus (HPV)

GET VACCINATED

The HPV vaccines that help prevent cervical, vaginal, anal and penile cancers also protect against the HPV type that’s associated with throat cancers.
WHY ROSWELL PARK FOR HEAD & NECK CANCER?

- **Nationally-recognized.** Roswell Park is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, New York’s only one outside New York City.

- **A multidisciplinary approach** by a team of skull-based surgeons, including head and neck, neuro and plastic surgeons, who specialize in lateral, endoscopic and skull-based surgeries and work together to provide comprehensive and integrated care — all under one roof.

- **Trans-Oral Robotic Surgery (TORS),** a minimally-invasive technique that reduces pain after surgery and shortens recovery time.

- **Dental & Maxillofacial Prosthetics specialists** to create artificial replacements for damaged or removed oral tissues, teeth and facial structures.

- **Plastic & Reconstructive surgeons** to repair head and neck defects, reanimate facial muscles, reconstruct jaw and/or tongue and transplant lymph nodes.

- **Photodynamic therapy,** a treatment developed at Roswell Park that kills cancer cells by using a photosensitizing drug to make them vulnerable then exposing them to laser light.

- **Speech therapists** to address communication, swallowing and airway management issues.

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**SYMPTOMS TO TELL YOUR DOCTOR OR DENTIST**

Symptoms vary according to where the cancer begins, but be sure to alert your healthcare provider to any of the following:

- a sore that bleeds or won’t heal
- a white or red patch on the gums, tongue or mouth lining
- a lump or swelling in the mouth or neck that persists
- ongoing sore throat
- difficult or painful swallowing
- upper teeth pain or dentures that now fit poorly
- pain in the ears
- a changed or hoarse voice
- chronic sinus congestion or infections that don’t respond to antibiotics
- frequent nosebleeds and/or headaches
- numbness or pain in the face, chin or neck that doesn’t go away

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**MEET OUR DOCTORS**

**Surgical Oncology**
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2. Ayham Al Afif, MD, MSc, FRCS
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**Endocrinology**
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of patients with oral and oropharyngeal cancers (lips, tongue, gums, back of throat and the lining, bottom or roof of the mouth) ARE NOT DIAGNOSED UNTIL THE DISEASE IS AT AN ADVANCED STAGE.