

# Head & Neck Cancer in Nevada - 2018

520

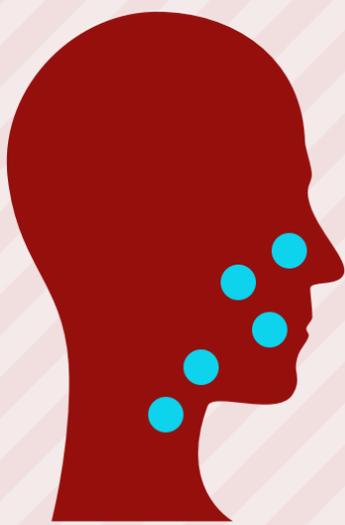
estimated new cases in Nevada this year\*

80

estimated deaths in Nevada this year\*

## What is Head & Neck Cancer?

Cancers of the head and neck usually begin in the cells that line the moist, mucosal areas of the head and neck, such as the lips, inside the mouth and cheeks, the tongue, nose, and throat.



You can be screened for some head & neck cancers.

A dentist or doctor can look for head and neck cancers with a physical exam of the mouth. They'll check all areas, including the tongue, lips, gums, and cheeks, and feel the neck for signs of swollen lymph nodes.

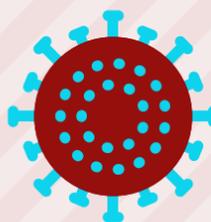
## Quick Facts



Tobacco and heavy alcohol use both increase a person's risk of developing head and neck cancer. The risk is even higher for those who smoke and drink heavily.



Men are more than twice as likely as women to get head and neck cancer, and are more likely to die from it. It is most often diagnosed among people ages 55 to 64.



In the U.S., oral HPV (human papillomavirus) infection is thought to cause 70% of oropharyngeal cancers, which is a type of head and neck cancer.

## Prevention Tips

Stop use of all tobacco products and avoid alcohol. Use sunscreen regularly, including lip balm with SPF. If eligible, get vaccinated for HPV.

The [Nevada Tobacco Quitline](#) offers free help to quit tobacco at [1-800-QUIT-NOW](#). The 2-dose [HPV vaccination](#) is recommended for boys & girls ages 9-14, or 3 doses for those ages 15 to 26. Learn more at [ImmunizeNevada.org](#).

## Signs & Symptoms

- A lump or sore throat that doesn't heal, a sore throat that doesn't go away, difficulty swallowing, or a change or hoarseness in the voice
- In the oral cavity, a white or red patch on gums, tongue, or lining of mouth; unusual bleeding or pain in the mouth
- Trouble breathing or speaking, pain when swallowing, persistent pain in the neck or throat, frequent headaches, pain, or ear pain or ringing; or trouble hearing
- Sinuses that are blocked and don't clear; nose bleeding; pain in upper teeth or problems with dentures; swelling or other eye trouble



Sources: American Cancer Society Cancer Statistics Center 2018; National Cancer Institute; NCI SEER Cancer Stat Facts; National Immunization Surveys 2016.  
\* Data doesn't include cancers of the nose/nasal cavity/paranasal sinuses which may increase totals by an estimated 4%.