

# HEAD AND NECK CANCER RISK FACTORS

www.headandneck.org



LEADING CANCER BY INCIDENCE WORLDWIDE

550,000

CASES DIAGNOSED ANNUALLY

65,000 CASES EACH YEAR IN THE U.S. ALONE

## TOBACCO AND ALCOHOL



USING TOBACCO PRODUCTS INCREASES YOUR RISK OF HEAD AND NECK CANCER BY **15X** COMPARED TO A NON-SMOKER



PEOPLE WHO USE BOTH TOBACCO AND ALCOHOL ARE AT GREATER RISK OF DEVELOPING THESE CANCERS THAN PEOPLE WHO USE EITHER TOBACCO OR ALCOHOL ALONE



AT LEAST **75%** OF HEAD AND NECK CANCERS ARE CAUSED BY TOBACCO AND ALCOHOL USE



QUIT TOBACCO PRODUCTS AND REDUCE/ELIMINATE ALCOHOL CONSUMPTION TO REDUCE THESE MAJOR RISKS FOR CANCER OF THE ORAL CAVITY AND LARYNX

## HUMAN PAPILLOMAVIRUS (HPV): A COMMON SEXUALLY TRANSMITTED VIRUS

DID YOU KNOW HPV DOESN'T **JUST CAUSE** CERVICAL CANCER IN WOMEN?



ABOUT **70%** OF CANCERS IN THE OROPHARYNX (INCLUDING THE TONSILS, SOFT PALATE, AND BASE OF THE TONGUE) ARE LINKED TO HPV

HPV-RELATED OROPHARYNGEAL CANCER



AFFECTS **MEN** **3 TIMES** MORE OFTEN THAN **WOMEN**

THE INCIDENCE OF OROPHARYNGEAL CANCERS IN THE UNITED STATES,

**CAUSED BY HPV INFECTION IS INCREASING,** WHILE THE INCIDENCE FROM **OTHER CAUSES IS DECREASING**



PREVENTION THROUGH VACCINATION

MAXIMUM PROTECTION IS ACHIEVED THROUGH 2 DOSES OF VACCINE GIVEN TO **GIRLS** AND **BOYS** AT AGES **11** AND **12**



ASK YOUR DOCTOR ABOUT RECEIVING THE HPV VACCINE!

## OTHER RISK FACTORS



MATÉ

THIS TEA-LIKE BEVERAGE CONSUMED BY SOUTH AMERICANS IS ASSOCIATED WITH AN INCREASED RISK OF CANCERS OF THE MOUTH, THROAT, AND LARYNX



ORAL HEALTH

POOR ORAL HYGIENE AND MISSING TEETH MAY BE WEAK RISK FACTORS FOR CANCERS OF THE ORAL CAVITY



PRESERVED/SALTED FOODS

CONSUMPTION OF CERTAIN PRESERVED OR SALTED FOODS DURING CHILDHOOD IS A RISK FACTOR FOR NASOPHARYNGEAL CANCER



ANCESTRY

ASIAN ANCESTRY, PARTICULARLY CHINESE ANCESTRY, IS A RISK FACTOR FOR NASOPHARYNGEAL CANCER



RADIATION EXPOSURE

RADIATION TO THE HEAD AND NECK, FOR NONCANCEROUS CONDITIONS OR CANCER, IS A RISK FACTOR FOR CANCER OF THE SALIVARY GLANDS



EPSTEIN-BARR VIRUS

IS A RISK FACTOR FOR NASOPHARYNGEAL CANCER AND CANCER OF THE SALIVARY GLANDS



OCCUPATIONAL/INDUSTRIAL EXPOSURE

LARYNX, PARANASAL SINUSES AND NASAL CAVITY RELATED CANCER CAN BE CAUSED BY EXPOSURE TO WOOD OR NICKEL DUST, ASBESTOS, SYNTHETIC FIBERS OR FORMALDEHYDE