



HEAD & NECK CANCER *Info Sheet*

75% of head and neck cancers are caused by tobacco and alcohol use. People who smoke and drink are at greater risk.

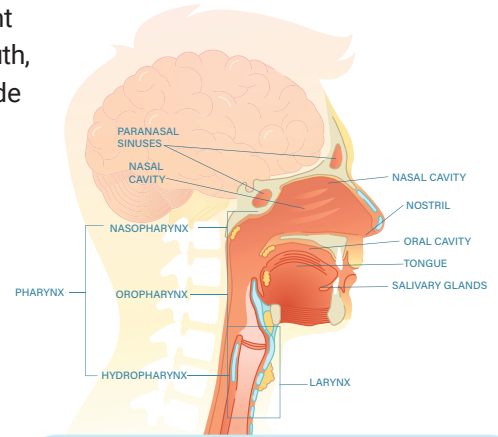


Men develop head and neck cancer **2x** more often than women.

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
- ✓ Thyroid



HEAD AND NECK CANCER REGIONS

ARE YOU AT HIGH RISK?

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

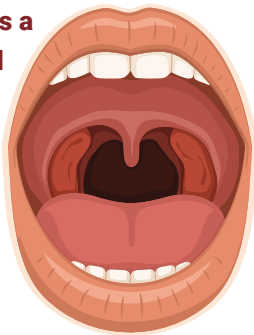
- ✓ Smoke (including marijuana) or chew tobacco
- ✓ Drink alcohol

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)

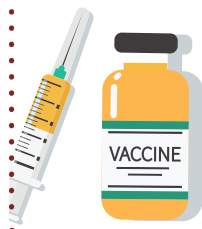
MORE THAN 90% of head and neck cancers are squamous cell carcinoma and begin in the soft, moist tissue that lines the mouth, nose, throat and other body areas.

Oral cancer is a type of head and neck cancer that your dentist can detect. Ask for an oral cancer screening at your next dental exam.



HPV infections are so common that nearly all men and women will get one at some point in their lives.

Certain HPV types are associated with cancer of the throat, tonsils and base of the tongue.



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.



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

WHY ROSWELL PARK FOR HEAD & NECK CANCER?

- ✓ **One-Day Jaw Reconstruction**, a revolutionary surgery that removes tumors of the jaw, reconstructs a new jaw and fully restores function with dental implants and teeth in one operation.
- ✓ **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.

NATIONALLY-RECOGNIZED.

Roswell Park is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, **NEW YORK'S ONLY ONE OUTSIDE NEW YORK CITY.**

NCI

Designated
Comprehensive
Cancer Center

MEET OUR DOCTORS

Head & Neck Surgery

1. Wesley Hicks, Jr., MD, FACS
2. Jeremy Diehl, DO
3. Vishal Gupta, MD
4. Moni Abraham Kuriokose, MD, FDSRCS, FFDRCS, FRCS Ed, FRCS, BDS
5. Michael Markiewicz, MD, DDS, MPH, FACS, FACD(c)
6. Ryan McSpadden, MD
7. Kimberly Wooten, MD

Plastic & Reconstructive Surgery

8. Robert Lohman, MD
9. Can Ozturk, MD
10. Cemile Ozturk, MD

Medical Oncology

11. Jenny Romero, MD
12. Edwin Yau, MD, PhD

Radiation Oncology

13. Varun Chowdhry MD, MBA
14. Mark Farrugia MD, PhD
15. Anurag Singh, MD

Dentistry & Maxillofacial Prosthetics

16. Vladimir Frias, DDS, MS, FACP



TWO-THIRDS 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.**