



Head, Neck & Throat Cancers:

What You Need to Know

What



Cancer in the head, neck or throat (nasal cavity, sinuses, lips, mouth, salivary glands, throat or larynx)

Who

American Indian & Alaska Native (AI/AN) Communities

AI/AN communities have:

- Higher mortality rates
- Later-stage diagnoses
- Lower survival rates



Risk Factors



- Smoking commercial tobacco
- Drinking alcohol
- Oral health issues
- HPV
- Epstein-Barr Virus



Prevention

- Quit smoking commercial tobacco
- Reduce alcohol consumption
- Maintain good oral health

To learn more about head, neck & throat cancer, visit [Head & Neck Cancer Alliance](#), or scan the QR code.



Symptoms

- Lump or sore in the mouth that doesn't heal
- Sore throat that doesn't go away
- Difficulty swallowing
- A change or hoarseness in the voice

Take Action!

Help improve the health of our communities by learning more about cancer prevention!

Talk to your family and friends about cancer & prevention.



For more information talk to your tribal clinic Patient Navigator, visit [AmericanIndianCancer.org](#), or scan the QR code.

