

WEBVTT

NOTE duration:"00:02:05.3120000"

NOTE language:en-us

NOTE Confidence: 0.8634409

00:00:00.000 --> 00:00:02.280 Head neck cancers are cancers that

NOTE Confidence: 0.8634409

00:00:02.280 --> 00:00:04.870 start in the parts of the body

NOTE Confidence: 0.8634409

00:00:04.870 --> 00:00:06.850 that extends sort of from the

NOTE Confidence: 0.8634409

00:00:06.850 --> 00:00:09.268 nose to the top of the esophagus.

NOTE Confidence: 0.8634409

00:00:09.270 --> 00:00:12.078 So the common ones might be cancer of

NOTE Confidence: 0.8634409

00:00:12.078 --> 00:00:14.835 the tongue or cancer of the voice box.

NOTE Confidence: 0.862996

00:00:19.980 --> 00:00:21.746 One of the most common symptoms

NOTE Confidence: 0.862996

00:00:21.746 --> 00:00:23.962 of head neck cancer is a non

NOTE Confidence: 0.862996

00:00:23.962 --> 00:00:25.567 healing sore on the tongue.

NOTE Confidence: 0.862996

00:00:25.570 --> 00:00:27.796 Other things might be difficulty swallowing,

NOTE Confidence: 0.862996

00:00:27.800 --> 00:00:30.014 might have pain in your throat

NOTE Confidence: 0.862996

00:00:30.014 --> 00:00:32.249 that was always on one side.

NOTE Confidence: 0.862996

00:00:32.250 --> 00:00:33.363 For many people,

NOTE Confidence: 0.862996

00:00:33.363 --> 00:00:35.960 it's a painless lump in the neck.

NOTE Confidence: 0.862996  
00:00:35.960 --> 00:00:37.444 Some people develop hoarseness,  
NOTE Confidence: 0.862996  
00:00:37.444 --> 00:00:39.299 some people cough up blood.  
NOTE Confidence: 0.862996  
00:00:39.300 --> 00:00:41.520 Some people have a ear ache.  
NOTE Confidence: 0.8687857  
00:00:47.010 --> 00:00:48.590 Older people are at risk  
NOTE Confidence: 0.8687857  
00:00:48.590 --> 00:00:50.165 for head and neck cancer.  
NOTE Confidence: 0.8687857  
00:00:50.170 --> 00:00:52.078 It's also the case that smokers  
NOTE Confidence: 0.8687857  
00:00:52.078 --> 00:00:54.531 are at high risk for head neck  
NOTE Confidence: 0.8687857  
00:00:54.531 --> 00:00:56.757 cancer and even people who've quit  
NOTE Confidence: 0.8687857  
00:00:56.757 --> 00:00:58.912 smoking if they smoked a pack a day  
NOTE Confidence: 0.8687857  
00:00:58.912 --> 00:01:01.568 or half a pack a day for 15 or 20  
NOTE Confidence: 0.8687857  
00:01:01.568 --> 00:01:03.758 years might be an increased risk.  
NOTE Confidence: 0.8687857  
00:01:03.760 --> 00:01:05.656 People who smoke tobacco and drink  
NOTE Confidence: 0.8687857  
00:01:05.656 --> 00:01:08.057 alcohol or at higher risk quite a lot  
NOTE Confidence: 0.8687857  
00:01:08.057 --> 00:01:10.435 of people in the United States now are  
NOTE Confidence: 0.8687857  
00:01:10.435 --> 00:01:12.535 getting head neck cancer because they've  
NOTE Confidence: 0.8687857

00:01:12.535 --> 00:01:14.500 been exposed to human papilloma virus.  
NOTE Confidence: 0.84966207

00:01:19.420 --> 00:01:21.450 We strongly recommend that everybody  
NOTE Confidence: 0.84966207

00:01:21.450 --> 00:01:23.480 be considered for that vaccination  
NOTE Confidence: 0.84966207

00:01:23.544 --> 00:01:25.089 beginning at around age 11.  
NOTE Confidence: 0.84966207

00:01:25.090 --> 00:01:26.802 Both boys and girls,  
NOTE Confidence: 0.84966207

00:01:26.802 --> 00:01:29.370 and we're now also recommending young  
NOTE Confidence: 0.84966207

00:01:29.451 --> 00:01:31.883 adults up to the age of about 46.  
NOTE Confidence: 0.80402374

00:01:37.000 --> 00:01:38.883 The common thing many people be familiar  
NOTE Confidence: 0.80402374

00:01:38.883 --> 00:01:40.859 with is when you're at the dentist,  
NOTE Confidence: 0.80402374

00:01:40.860 --> 00:01:43.068 the hygienist might take a piece of gauze,  
NOTE Confidence: 0.80402374

00:01:43.070 --> 00:01:44.450 wrap it around your tongue,  
NOTE Confidence: 0.80402374

00:01:44.450 --> 00:01:46.106 move your tongue to one side,  
NOTE Confidence: 0.80402374

00:01:46.110 --> 00:01:48.350 and examine the floor of the mouth and  
NOTE Confidence: 0.80402374

00:01:48.350 --> 00:01:50.519 the side of the cheek on that side,  
NOTE Confidence: 0.80402374

00:01:50.520 --> 00:01:52.680 and then do the same thing on the other  
NOTE Confidence: 0.80402374

00:01:52.680 --> 00:01:54.938 side and palpate all through those areas,

NOTE Confidence: 0.80402374

00:01:54.940 --> 00:01:57.148 making sure there aren't any lumps or bumps.