Head neck cancers are cancers that start in the parts of the body that extends sort of from the nose to the top of the esophagus. So the common ones might be cancer of the tongue or cancer of the voice box. One of the most common symptoms of head neck cancer is a non-healing sore on the tongue. Other things might be difficulty swallowing, might have pain in your throat that was always on one side. For many people, it’s a painless lump in the neck.
Some people develop hoarseness, some people cough up blood, and some people have ear ache. Older people are at risk for head and neck cancer. It’s also the case that smokers are at high risk for head and neck cancer and even people who’ve quit smoking if they smoked a pack a day or half a pack a day for 15 or 20 years might be an increased risk. People who smoke tobacco and drink alcohol or at higher risk quite a lot. Of people in the United States now are getting head neck cancer because they’ve...
been exposed to human papilloma virus.

We strongly recommend that everybody be considered for that vaccination beginning at around age 11. Both boys and girls, and we’re now also recommending young adults up to the age of about 46. The common thing many people be familiar with is when you’re at the dentist, the hygienist might take a piece of gauze, wrap it around your tongue, move your tongue to one side, and examine the floor of the mouth and the side of the cheek on that side, and then do the same thing on the other side and palpate all through those areas.
making sure there aren’t any lumps or bumps.