



Prevention

National Head and Neck Cancer Awareness Month April 2016

HEAD AND NECK CANCER PREVENTION

Researchers continue to look into what factors can cause this type of cancer. Although there is no proven way to completely prevent this disease, it is possible to lower the risk.

Talk with your doctor for more information about your personal risk.

Steps that can Reduce the Risk of Head and Neck Cancer

STOP All Use of Tobacco Products

This is the most important thing a person can do to reduce their risk, including people who have been smoking for many years.

Avoid Alcohol

Use Sunscreen Regularly

Include lip balm with an adequate sun protection factor (SPF).

Reducing the Risk of HPV Infection

Limit the number of sexual partners. Having many partners increases the risk of HPV infection. Practicing safe sex although using a condom cannot give 100% protection from HPV during sex.

Maintain Proper Care of Dentures

Poorly fitting dentures can trap tobacco and alcohol's cancer-causing substances. Denture wearers should have their dentures evaluated by a dentist at least every five years to ensure a good fit. Dentures should be removed every night and cleaned and rinsed thoroughly every day.

Use Curcumin from Turmeric

A plant based food and a spice found in Indian curry, when used in cooking has been suggested to reduce the risk of head and neck cancer.



RISK FACTORS FOR HEAD AND NECK CANCER

There are Two Substances that Greatly Increase the Risk of Developing Head and Neck Cancer

Tobacco

Smoking cigarettes, cigars, or pipes; chewing tobacco; and using snuff are the single largest risk factors for head and neck cancer. Eighty-five percent (85%) of head and neck cancers are linked to tobacco use, and the amount of tobacco use may affect prognosis, which is the chance of recovery. In addition, secondhand smoke may increase a person's risk of developing head and neck cancer.

Alcohol

Frequent and heavy alcohol consumption raises the risk of developing cancer in the mouth, pharynx, larynx, and esophagus. The use of alcohol and tobacco together increases this risk even more.



12 Factors that Increase the Risk of Developing Head and Neck Cancer

Prolonged Sun Exposure

This is especially linked to cancer in the lip area, as well as skin cancer of the head and neck.

Human Papillomavirus (HPV)

Research indicates that infection with this virus is becoming an increasingly common risk factor for some types of head and neck cancer. HPV is most often passed from person to person during sexual activity. There are different types, or strains, of HPV. Some strains are more strongly associated with certain types of cancer. HPV vaccines protect against certain strains of the virus.

Epstein-Barr Virus (EBV)

Exposure to EBV, which is more commonly known as the virus that causes mononucleosis or "mono," plays a role in the development of nasopharyngeal cancer.

Gender

Men are two to three times more likely than women to develop head and neck cancer. However, the rate of head and neck cancer in women has been rising for several decades probably due to the increase in smoking.

Age

People over the age of 40 are at higher risk for head and neck cancer.

Race

Black people are more likely than white people to develop certain types of head and neck cancer. is a type of FAP that also has non-cancerous tumors of the skin, soft tissue, and bones.

Poor Oral and Dental Hygiene

Poor care of the mouth and teeth has been suggested as a factor that may increase the risk of head and neck cancer.

Environmental or Occupational Inhalants

Exposure to asbestos, wood dust, paint fumes, and certain chemicals may increase a person's risk of head and neck cancer.

Marijuana Use

Marijuana, which contains Cannabinoids in the smoke, has been recognized to have potential anticancer properties. However, the epidemiologic evidence addressing the relationship between marijuana use and the induction of head and neck cancer is inconsistent and conflicting. In Europe marijuana is smoked with tobacco but in the United States it is not usually mixed with tobacco. When marijuana is mixed with tobacco the risk of head, neck, and lung, cancer is increased. A recent study has suggested that marijuana smoked alone may reduce the risk of head and neck cancer.

Poor Nutrition

A diet low in vitamins A and B can raise a person's risk of head and neck cancer.

Gastroesophageal Reflux Disease (GERD) and Laryngopharyngeal Reflux Disease (LPRD)

Reflux of stomach acid into the upper airway and throat has been suggested as a factor associated with the development of head and neck cancer.

Weakened Immune System.

A weakened immune system can raise a person's risk of head and neck cancer.

For further information on cancer risk factors and screening visit: www.strang.org.

Source: American Society of Clinical Oncology Cancer.Net

INDIAN SPICED VEGETABLE STEW

The Strang Cancer Prevention Cookbook

Reduce your Risk for Cancer by Eating a Healthy Diet!

4 servings—Add Chicken to make a Protein Rich Meal

- 2 teaspoons olive oil.
- 1 medium red onion peeled and sliced.
- 4 small carrots, peeled and sliced 1/4 inch thick.
- 1/2 small jalapeno pepper, seeded & diced.
- 1 garlic clove, peeled and crushed.
- 1/4 teaspoon cumin seeds.
- 1 teaspoon curry powder.
- 1 teaspoon turmeric.
- 1 medium cauliflower, washed, core removed, and broken into medium-size florets.
- 2 medium white potatoes (preferably Yukon Gold), peeled and cut into 1 1/2 -inch cubes.
- 1 medium sweet potatoes peeled and cut into 1 1/2 inch cubes.
- 14 1/2 ounces canned stewed tomatoes.
- 1 cup canned chickpeas, drained.
- 1 cup frozen peas.



Heat the olive oil in a heavy 4 -quart saucepan (preferably non stick).

Add the onion, carrots, jalapeno, and garlic. Sauté over medium- high heat until the onion slices are limp, about 10 minutes.

Add the cumin and spices, stirring for about 1 minute to combine and released their flavors.

Add the cauliflower, white and sweet potatoes, stewed tomatoes, add 3/4 cup water.

Season with salt and stir to combine all ingredients.

Bring to a boil, then reduce the heat and simmer for 20 minutes, covered, until all the vegetables are tender but firm.

Add the chickpeas and peas 2 to 3 minutes before serving and adjust the seasoning with salt if necessary.

Calories 262, Protein 10g, Carbohydrates 47g, Fat 4 g, Cholesterol 0 mg, Dietary fiber 10g, Saturated fat 0g

One serving provides more than 100 % of the DV's for Vitamins C and A.

Cauliflower belongs to the cruciferous family of vegetables and has protective phytochemicals

Curry and turmeric contain curcumin, a plant polyphenol that may provide many protective benefits.

High in fiber-40 percent of the DV serving.

Major sources of Potential Cancer fighters:

Phytochemicals: allium compounds, capsaicin, glucosinolates, indoles, plant polyphenols, (flavonoids, phenolic acids), plant sterols, terpenes (carotenoids, monoterpenes).

Recipe by Laura Pensiero, R.D. Owner Gigi Trattoria, Rhinebeck, New York



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Strang Cancer Prevention Institute

575 Madison Avenue 10th Floor

New York, NY 10022

Tel: (212) 501-2111 www.strang.org

Editor

Merle K. Barash MA AEd, MA Psya

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