

Head and Neck Cancer Screening and Prevention

1. Guidelines for Screening

Risk factors:

- Smoking
- Smokeless (chewing) tobacco
 - Co-factor: marijuana smoking
- Alcohol
- Poor oral hygiene
- Papillomas (small growths or tumors) in your mouth or throat caused by Human papilloma virus (HPV-16) infection
 - Co-factor: Number of oral sex partners
- Dysplastic oral leukoplakia
- Oral lichen planus
- Family history of oral cancer
- History of previous radiation exposure
- Family history of thyroid cancer
- Previous head and neck squamous cell carcinoma (HNSCC)
- Fanconi anemia
- Li-Fraumeni syndrome
- Plummer-Vinson syndrome

Screening recommendation:

- Annual oral cancer examination by a dentist
- Periodic complete head and neck examination if any of the risk factors are present

2. Cancer Prevention

- Avoidance of smoking (smoking cessation program)
- Limit alcohol intake
- Vaccination of boys and girls against HPV with Gardasil™
- Avoid HPV infection by using condoms

Strang Cancer Prevention Institute has developed and updates guidelines for cancer screening and best practices for cancer prevention using guidelines of the National Cancer Institute (NCI), the National Consortium of Cancer Centers Network (NCCCN) and the American Cancer Society (ACS). Strang is synonymous with cancer screening and prevention. Strang was the first medical facility to introduce the Pap test into clinical practice which has saved millions of women's lives worldwide. Strang was opened by first lady Eleanor Roosevelt in 1933.