

Head & Neck Cancer: Know the Risks

A few simple choices could lower your risk of head and neck cancer:

1

Getting the HPV Vaccination

Getting the HPV vaccine to block the human papillomavirus (HPV)

2

Stopping use of tobacco

Including smoking, use of paan and betel leaf, chewing tobacco, e-cigarettes

3

Limiting alcohol use

Frequent and heavy alcohol consumption raises the risk

4

Taking care of your oral health

Look after your oral health and attend regular dental check-ups

Visit: www.oraclehnc.org.uk

