

Myth busting

Head and Neck Cancer



Perci Health

01

Myth

“Head and neck cancer is a single type of cancer”

Fact

Head and neck cancer is a general term covering cancers that can develop in more than 30 areas of the head and neck.



Perci Health

02

Myth

“Head and neck cancers aren’t common, so are not worth worrying about”

Fact

It’s true that head and neck cancers aren’t common, however, around 13,000 people are diagnosed every year in the UK.



Perci Health

03

Myth

“Only older smokers get head and neck cancers”

Fact

Smoking is an important risk factor for head and neck cancers



Perci Health

04

Myth

“If a head or neck lump doesn’t hurt, it isn’t cancer”

Fact

Lumps caused by many head and neck cancers can be painless in their early stages and should always be checked by a GP.



Perci Health

05

Myth

“A feeling that something is stuck in the throat is a sign of head and neck cancer”

Fact

While this symptom can be seen in some people, alone it is not usually a sign of head and neck cancers.



Perci Health

06

Myth

“Mouthwash prevents mouth cancers”

Fact

While poor oral health can be a risk factor for head and neck cancer, using mouthwash does not prevent or reverse these cancers.



Perci Health