



Head and Neck Cancer

Head and neck cancers, including mouth cancers, account for about 4 percent of all cancers in the United States, according to the National Cancer Institute.

Some common symptoms for cancers of the head and neck include:

- A lump in the nose, neck or throat, with or without pain
- A persistent sore throat
- Trouble swallowing (dysphagia)
- Unexplained weight loss
- Frequent coughing
- Change in voice or hoarseness
- Ear pain or trouble hearing
- Headaches
- A red or white patch in the mouth
- Bad breath that's unexplained by hygiene
- Nasal obstruction or persistent congestion
- Frequent nose bleeds or unusual discharge
- Trouble breathing

Please check with your physician if you are experiencing any of these symptoms.

AN ESTIMATED

66,470 PEOPLE

are expected to be diagnosed in 2022.

Common myths about sugar substitutes, supplements, and juicing

It's pretty much an established fact that eating a healthy, well-balanced diet in sensible portions—in addition to other lifestyle habits—helps provide a panoply of benefits to both physical and mental health. The American public is constantly bombarded with nutritional do's and don'ts. Eat this, not that. Let's take a look at some of these myths.

MYTH: Sugar substitutes are better for you than sugar.

If you're overweight and/or diabetic, artificial sweeteners may be a necessity if you want baked goods, desserts, soft drinks or other typically sugary foods and beverages. However, certain sugar substitutes—sucralose, saccharin, aspartame and others—found in many products are a source of controversy among health practitioners.

Research has suggested artificial sweeteners may cause an increased risk of weight gain and type 2 diabetes. Try a natural sweetener such as Stevia over highly processed ones like sucralose and aspartame. Federal dietary guidelines suggest limiting added sugars to no more than 10 percent of daily caloric intake, which for a 2,000-calorie per day diet amounts to 50 grams.

MYTH: Supplements are a good substitute for a poor diet.

A multivitamin may not make up for a poor diet, but it may have some benefit. Multivitamins may help you get your daily requirements of some nutrients that are difficult to get from food, such as vitamin D.

Regardless of how innocuous a protein powder, vitamin or supplement may seem, though, it's imperative for anyone undergoing cancer treatment, or in recovery, to talk with their care team about what they're taking. It's often unnecessary and may conflict with treatment.

MYTH: Juicing is a good way to get more fruits and vegetables in your diet.

The juicing craze has been around for some time, and new, high-tech blenders allowing for virtually anything to be ground to a liquid have given it a boost. Juicing may be a good way to incorporate fruits and vegetables into your diet, especially if you otherwise may not consume them, but it's important to be mindful of portion size.

If you think about how many carrots would go into a 4-ounce glass of carrot juice, it can be significantly more than you'd typically eat. This may provide more carbs, which break down to simple sugar and may cause blood sugar to rise and fall rapidly. All that sugar enters the bloodstream, and then the pancreas has to secrete insulin so the sugar can enter your cells. Eating a lot of simple sugar at one time can raise insulin levels quickly. High insulin levels may lead to a rapid decline in blood sugar levels and leave you feeling tired. It's preferable to eat whole fruits and/or vegetables.

