

Resources for Oral, Mouth and Throat Cancers

Visit these websites for statistics, symptoms, support groups, videos and more on oral, mouth and throat cancers.

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Whether they're labeled as "head and neck," "oropharyngeal," "mouth and throat" or simply "oral," these cancers generally begin in squamous cells, a flat cell found in skin and the linings of the body, such as the respiratory and digestive tracts. These types of cancers, often linked to tobacco use and human papillomavirus (HPV), may affect the voice box, nose, lips, mouth and upper and lower throat. Visit these websites for statistics, symptoms, treatments, support groups, videos, pamphlets, patient resources and more.

American Head and Neck Society (AHNS)

ahns.info

AHNS aims to advance education and research about head and neck cancers to improve quality of life for affected patients. The AHNS site offers educational webinars, video interviews with cancer survivors, a physician database and more.

CancerCare

cancercares.org

CancerCare provides a basic introduction on head and neck cancers and information on treatment options, side effects and pain management. Oncology social workers offer support via the free Hopeline at 800-813-HOPE (4673).

Cancer Lifeline

cancerlifeline.org

Cancer Lifeline seeks to optimize quality of life for people living with cancer. Its monthly oral, head and neck cancers support group features expert speakers who discuss various topics, such as movement for stimulating lymphatic flow, which can be an effective tool for managing cancer symptoms.

Cancer.Net

[cancer.net](https://www.cancer.net)

Published by the American Society of Clinical Oncology, Cancer.Net features robust sections on oral and head and neck cancers with data on staging, treatments, clinical trials, survivorship and more.

Head and Neck Cancer Alliance (HNCA)

[headandneck.org](https://www.headandneck.org)

HNCA's site aims to serve as a "one-stop center for patients, survivors and family members seeking support and information." Online offerings include a clinical trial finder, a self-exam guide and a support community.

Memorial Sloan Kettering Cancer Center (MSKCC)

[mskcc.org](https://www.mskcc.org)

In addition to counseling services, MSKCC offers myriad resources, including advice for managing such symptoms as difficulty swallowing, dental changes and loss of speech.

National Cancer Institute

[cancer.gov](https://www.cancer.gov)

This site offers cancer fact sheets, statistics, treatments, ongoing research and more, including pages devoted to oral and head and neck cancers.

National Institute of Dental and Craniofacial Research (NIDCR)

[nidcr.nih.gov](https://www.nidcr.nih.gov)

NIDCR's website features an oral cancer section that includes information on causes, symptoms and treatment as well as downloadable PDF guides, such as "Detecting Oral Cancer."

Oral Cancer Foundation (OCF)

[oralcancerfoundation.org](https://www.oralcancerfoundation.org)

The OCF website provides research updates, advocacy and more, including a calendar of free oral cancer screenings and a support forum with a message board and chat room.

Support for People with Oral and Head and Neck Cancer (SPOHNC)

[spohnc.org](https://www.spohnc.org)

With more than 100 chapters throughout the country, SPOHNC organizes support groups and awareness events and offers resources such as webinars and books about clinical trials.