

# Oncosurgery Awareness & Self-Care: Recognizing Early Signs of Head & Neck Cancer

When it comes to cancer, **early detection saves lives**. Yet, many patients tend to ignore the **early warning signs of head and neck cancers** because they resemble day-to-day health issues. At **Life Care Institute of Head & Neck Sciences (LIOHNS), Ahmedabad**, we strongly believe that spreading awareness can help patients seek timely medical care and reduce the burden of advanced-stage cancer.

## Common Symptoms of Head & Neck Cancers

Head and neck cancers often develop in areas such as the oral cavity, throat, larynx, sinuses, and salivary glands. Some symptoms to look out for include:

- Persistent mouth sores that do not heal
- Red or white patches inside the mouth
- Unexplained lumps or swelling in the neck
- Difficulty in swallowing or a constant feeling of something stuck in the throat
- Hoarseness or change in voice lasting more than two weeks
- Nosebleeds, blocked sinuses, or frequent headaches
- Numbness in the face or jaw
- Loose teeth without any dental cause

Ignoring these symptoms can lead to delayed diagnosis and treatment. If any of these signs persist, it's essential to consult a **head & neck oncosurgeon in Ahmedabad** immediately.

## Risk Factors Everyone Should Know

Awareness about risk factors plays a crucial role in prevention. The most common include:

- **Tobacco use** – Smoking and chewing tobacco remain the leading cause.
- **Alcohol consumption** – Excessive drinking increases cancer risk, especially when combined with tobacco.
- **Human Papillomavirus (HPV)** – Certain HPV infections are linked to throat cancers.
- **Poor oral hygiene** – Ignoring dental health may contribute to risk.
- **Family history** – Genetic predisposition also plays a role.

## Self-Care & Prevention Tips

While not all cancers can be prevented, following some healthy lifestyle practices can significantly reduce risk:

1. **Quit tobacco in all forms** – No cigarettes, no gutkha, no betel nut.
2. **Limit alcohol intake** – Or avoid it completely.
3. **Maintain oral hygiene** – Regular brushing, flossing, and dental checkups.

4. **Eat antioxidant-rich foods** – Fresh fruits, leafy greens, and whole grains.
5. **Get HPV vaccination** – Prevents certain virus-related cancers.
6. **Routine screening** – Especially if you fall under a high-risk group.

## Why Early Diagnosis Matters

At LIOHNS, our oncosurgeons emphasize that cancers detected at **stage 1 or stage 2** often have a **higher survival rate and less aggressive treatment requirement** compared to advanced stages. This is why **self-awareness and regular screening** are vital.

## The LIOHNS Approach

We are committed to providing the **best oncosurgery in Ahmedabad** with a blend of **clinical excellence, advanced technology, and personalized care**. Our multidisciplinary team not only treats cancer but also ensures patients receive **psychological counselling, nutrition guidance, and rehabilitation support** for a complete recovery journey.

## Final Word of Care

If you or your loved ones notice any of the above symptoms, **do not delay**. A simple check-up today can prevent complications tomorrow. Remember, **cancer is curable when detected early**.

**Consult the Oncosurgery Department at Life Care Institute of Head & Neck Sciences – the best oncosurgery hospital in Ahmedabad, dedicated exclusively to head and neck treatments.**