

# Tongue and Tonsil Cancer: What You Need to Know to Live It, Not Lose It

Tongue and tonsil cancer are two types of head and neck cancer that can develop in the mouth and throat. These cancers are relatively rare, but they can be serious if they're not treated early.



## What You Need to Know About Tongue and Tonsil Cancer - It's Your Life, Live It! by Sheila Rogers DeMare

★★★★☆ 4.6 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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## Symptoms of Tongue and Tonsil Cancer

The symptoms of tongue and tonsil cancer can vary depending on the location and size of the tumor. Some of the most common symptoms include:

- A lump or thickening in the tongue or tonsils
- A sore or irritation in the mouth or throat that doesn't heal
- Difficulty swallowing or speaking
- Pain in the ear

- Swelling in the neck
- Hoarseness
- Weight loss

## **Risk Factors for Tongue and Tonsil Cancer**

There are a number of risk factors that can increase your chances of developing tongue and tonsil cancer. These include:

- Tobacco use
- Alcohol use
- Human papillomavirus (HPV) infection
- Poor oral hygiene
- A diet low in fruits and vegetables
- Exposure to certain chemicals, such as asbestos

## **Treatment Options for Tongue and Tonsil Cancer**

The treatment options for tongue and tonsil cancer depend on the stage of the cancer, the location of the tumor, and the patient's overall health. Some of the most common treatment options include:

- Surgery
- Radiation therapy
- Chemotherapy
- Targeted therapy

- Immunotherapy

## **Prognosis for Tongue and Tonsil Cancer**

The prognosis for tongue and tonsil cancer depends on the stage of the cancer at the time of diagnosis. The earlier the cancer is diagnosed and treated, the better the prognosis. The five-year survival rate for tongue and tonsil cancer is about 70%.

## **Preventing Tongue and Tonsil Cancer**

There are a number of things you can do to reduce your risk of developing tongue and tonsil cancer, including:

- Quitting tobacco
- Limiting alcohol intake
- Getting vaccinated against HPV
- Maintaining good oral hygiene
- Eating a healthy diet
- Avoiding exposure to certain chemicals, such as asbestos

Tongue and tonsil cancer are serious diseases, but they can be treated successfully if they're caught early. If you have any of the symptoms of tongue or tonsil cancer, see your doctor right away. Early diagnosis and treatment can improve your chances of a successful outcome.

### **What You Need to Know About Tongue and Tonsil**

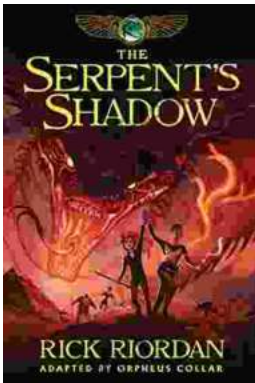
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