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## News Release

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### **Grand Valley Oncology & Grand Valley ENT & Facial Plastic Surgeons to Host FREE Oral Cancer Screenings**

Mesa County, CO - Community Hospital's Grand Valley Oncology and Grand Valley ENT & Facial Plastic Surgeons are pleased to offer free oral cancer screenings on Thursday, November 16, 2023 at Grand Valley ENT & Facial Plastic Surgeons, 2373 G Road, Suite 270, from 1:00 - 4:00 p.m.

Oral cancer screenings are an effective means of finding cancer at its early, highly curable stages and should be conducted every year. Community Hospital is proud to offer members of the community the opportunity to be proactive with their health by attending the screening on November 16.

Head and neck cancers can be the result of tobacco and alcohol use, overexposure to ultraviolet (UV) rays or through exposure to human papilloma virus (HPV). Approximately 70 percent of cancers in the oropharynx are linked to the HPV virus.

"Screening and vaccinations are incredibly important tools in cancer prevention," said Jonathan Frandsen, MD, radiation oncologist at Community Hospital's Grand Valley Oncology. "This free screening event is one way to help support our community and stop cancer in its tracks," he added.

Early indicators of oral cancer include difficulty swallowing or movement in the jaw or tongue, blocked sinuses that don't clear, bleeding through the nose, unusual bleeding or pain in the mouth, ear or throat pain that does not go away, a white or red sore on the tongue or lining of the mouth that does not go away or a lump or thickening which develops in the mouth or on the neck.

To reduce the risk of head and neck cancers, don't use tobacco products, limit alcohol consumption, avoid indoor tanning and talk to a health care provider about HPV vaccines. Regular check-ups and annual screenings can help identify cancer in its early stages, when cancer is easier to treat.

"Although head and neck cancers can be devastating in the advanced stages, they can be preventable, and respond favorably to treatment when detected early," said Adam Baker, MD, ear, nose and throat and facial plastic surgeon at Community Hospital. "HPV associated oropharyngeal cancers are extremely common forms of cancer in the United States, but are preventable with vaccination and are exceptionally responsive to chemoradiation therapy," Dr. Baker added.

For more information or to schedule an appointment for the FREE oral cancer screenings, please call Grand Valley ENT & Facial Plastic Surgeons at (970) 644-3800. Walk-ins are welcome.

For more information on head and neck cancer, please visit [www.CDC.gov](http://www.CDC.gov).

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