Are You at Risk for Oral Cancer?

When oral cancer is detected and treated early, the 5-year survival rates can be as high as 83%.

RISK FACTORS
- Sun exposure
- Cigarettes
- Alcohol
- Diet low in fruits & vegetables
- Chewing tobacco
- HPV
- Betel quid

GROUPS AT RISK
- Men. Oral cancer affects men at twice the rate of women.
- African-Americans. Black men face the greatest risk of developing the disease and die at a higher rate than their white counterparts.

PROTECT YOURSELF
- Check your mouth for symptoms. If you see a problem, call your dentist.
- Visit your dentist regularly. Your dentist can do a screening for oral cancer during a regular exam.
- Don’t smoke or drink. If you drink and smoke at the same time, your risk multiplies, since alcohol increases the absorption of the toxic chemicals in tobacco.
- Eat a healthy diet rich in fruits and vegetables.

KNOW WHAT TO LOOK FOR
- A sore that lasts longer than two weeks
- Swelling, growth or lumps in or near your mouth or neck
- White or red patches on your lips or in your mouth
- Bleeding from your mouth or throat
- Persistent hoarseness or difficulty swallowing

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PO41 #95505 (rev. 7/16)

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