



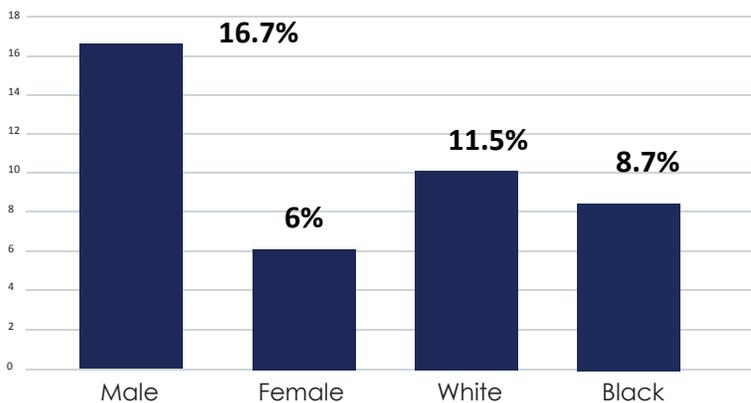
What is Oral Cancer?

Oral cancer is any cancer in the tissues of the throat and/or mouth. Oral cancer belongs to a larger group of cancers referred to as head and neck cancers. Many of these cancers occur in the squamous cells found in the mouth, tongue, and lips. This being said, not every tumor or growth in the mouth IS cancerous. Some may be benign (not cancer), and others can be precancerous, which means they can become cancer but are not presently cancer.

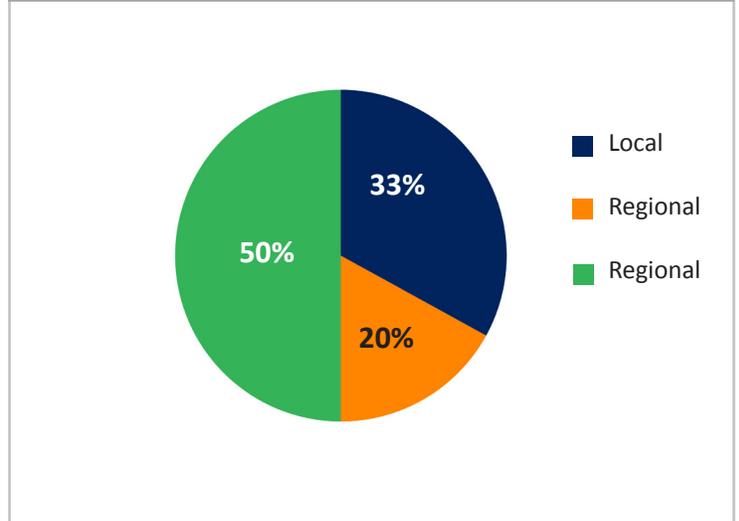
How Prevalent is Oral Cancer?

More than 49,000 cases of oral cancer are diagnosed each year in the United States, occurring most often in people over 40 years old. Unfortunately, oral cancers are often found after the disease has spread to the lymph nodes of the neck. Like many other cancers, early detection is the key to surviving oral cancer.

Malignant Oral Cancer
Incidence Rate by Gender & Race, VA 2011-2015
Data Source: Virginia Cancer Registry, VA 2011-2015



Malignant Oral Cancer
Incidence Percent by Diagnosis Stage
VA 2011-2015

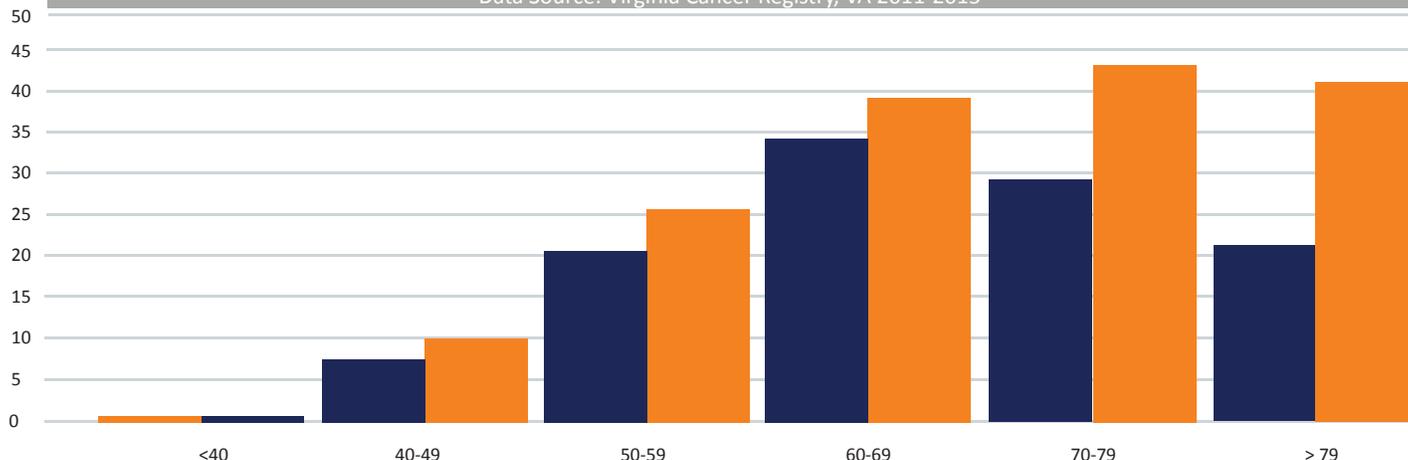


Who Develops Oral Cancer?

It is not uncommon for people who use alcohol and tobacco to be diagnosed with oral cancer. People, who consume more than 21 alcoholic drinks each week (heavy drinkers), are at an even higher risk. The combination of heavy alcohol and tobacco use is extremely dangerous. Those that drink alcohol and smoke are six times more likely to get oral cancer than people who do not. A few of the more obscure causes include; Long-term irritation or sores caused by dentures that don't fit right, drinking maté, which is a beverage made from a type of holly tree common in South America, and chewing quids of betel, a stimulant common in Asia.

Malignant Oral Cancer Incidence Rate w Age Group & Race, VA 2011-2015

Data Source: Virginia Cancer Registry, VA 2011-2015



Treatment

Treatment of oral cancers is best utilizing a team approach involving the efforts of surgeons, radiation oncologists, chemotherapy oncologists, dental practitioners, nutritionists, and rehabilitation and restorative specialists. The actual curative treatment modalities are usually radiation and surgery, along with chemotherapy to decrease the possibility of metastasis, to sensitize the malignant cells to radiation, or for those patients who have confirmed distant metastasis of the cancer

Prevention

Preventing high-risk behaviors, which include cigar, cigarette, or pipe smoking, the use of chewing tobacco, and heavy alcohol use is critical in the prevention of oral cancers. Like most other cancers, early detection is the key to increasing the survival rate for oral cancers. Oral Human Papilloma Virus (HPV), which is the most common sexually transmitted disease, can cause cancers in the back of the throat, called "oropharyngeal cancers." More research is still needed to determine whether HPV alone causes oropharyngeal cancers, or possibly, if other things (such as chewing or smoking tobacco) interact with HPV to cause these cancers.

Malignant Oral Cancer Incidence Age Adjusted Rate (per 100,000) Trend, VA 2006-2015

Data Source: Virginia Cancer Registry, VA 2011-2015w



Sources of Information

www.mdanderson.org/cancer-types/oral-cancer.html
www.preventcancer.org/education/preventable-cancers/oral-cancer/
www.healthline.com/search?q1=oral%20cancers%20risk-factors