

What Causes Oral Cancer

Smoking cigarettes, cigars, and pipes

Using snuff, dip, and spit tobacco

Regularly drinking a lot of alcohol

Being in the sun without sun block or lip balm

Some viruses

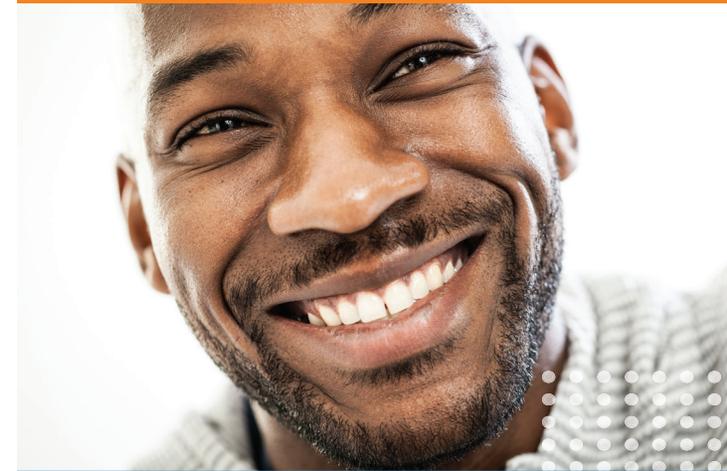
Lack of fruits and vegetables in your diet

Early detection is the key!

Self-exams can help you detect oral cancer early. Simply check your face, mouth, and throat to see if you notice changes. Report any changes to your doctor or dentist.

See your doctor or dentist every year for an oral cancer exam. Your dentist or dental hygienist should check for oral cancer as part of every dental checkup.

What you need to know about Oral Cancer



30,000 new cases of oral cancer are diagnosed every year

Oral cancer kills more than **8,000** people annually

Only half of those with oral cancer will survive

95% of those who have oral cancer are over the age of 40

Men are twice as likely to have oral cancer than women

Tobacco use is attributed to **80-90%** of oral cancers

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Oral Cancer FAQs

What is oral cancer?

Cancer in the mouth and on the lips. This includes the gums, cheeks, tongue, floor of mouth, roof of the mouth, and throat.

What are the signs of oral cancer?

- ▶ A sore on the lip or mouth that does not heal.
- ▶ A lump on the lip or in the mouth or throat
- ▶ A white or red patch on the gums, tongue, or lining of the mouth
- ▶ Unusual bleeding, pain, or numbness in the mouth
- ▶ A sore throat that does not go away, or a feeling that something is caught in the throat
- ▶ Difficulty or pain with chewing or swallowing
- ▶ Persistent cough or hoarseness
- ▶ Moles that change in color or size in or near the mouth

Remember

Most oral cancer sores do not hurt until they have been in your mouth a long time. If the sores are found early, there is a better chance of a cure. Yearly exams help make sure that these painless sores are found!

What will lower my risk of getting Oral Cancer?



Do not smoke or use any form of tobacco.



Don't drink alcohol. If you do, drink moderately.



Use lip balm with sun screen (at least SPF 15) when you are in the sun.



Eat a lot of fruits and vegetables— at least five servings each day.

How do I find out if I have Oral Cancer?

Have an oral cancer exam where health care provider checks around in your mouth, feeling for lumps, and looking for sores on your tongue, cheeks, floor of mouth, roof of mouth, and throat.

Who can do an oral exam?

- ▶ Dentist
- ▶ Dental Hygienist
- ▶ Nurse or Nurse Practitioner
- ▶ Doctor, Physician, or Physician Assistant

Signs of Oral Cancer

