

## **ORAL CANCER FACTS**

### ***What is oral or mouth cancer?***

Oral cancer is cancer of the mouth, throat and lips. It is a very deadly disease if not caught early.

### ***What are the early signs of oral cancer?***

- Sores in the mouth or on the lips that last longer than two weeks
- White or red patches in the mouth
- A sore in the mouth or on the lips that bleeds
- A sore throat that does not go away

### ***Could I have oral cancer and not know it?***

Yes. The early stages of oral cancer are often hard to see and not painful. Because you may not know you have oral cancer, it is important to ask your dentist or medical provider for an oral cancer exam.

### ***Why is an oral cancer exam important to me?***

It can tell you if you have oral cancer early, so there is a better chance of a cure.

### ***How often should I have an oral cancer exam?***

At least one time every year

### ***Who can do an oral cancer exam?***

- Dentist
- Dental Hygienist
- Doctor
- Nurse Practitioner
- Physician's Assistant

### ***What places you at risk for getting oral cancer?***

- Cigarettes, cigars, snuff, chewing tobacco and pipes
- Alcohol
- Sun exposure
- Certain viruses
- Lack of fruits and vegetables

### ***What can you do to prevent oral cancer?***

- Do not smoke or use other tobacco products, and if you drink, drink only in moderation
- Minimize your exposure to the sun and wear lip balm with sunscreen
- Eat a healthy diet rich in fruits and vegetables
- Get an oral cancer examination at least one time every year

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