

Know the risks — prevent oral cancer.

Steps to an oral cancer exam:

Your dental provider will:

- 1) Ask you to remove your dentures if you wear them.
- 2) Look at and feel your face, neck, ears, and lips for any lumps. They will also feel under your chin and under both sides of your neck.
- 3) Look at and feel the inside of your lips and cheeks to check for red or white spots.
- 4) Ask you to stick out your tongue and look for red or white spots both on and under your tongue.
- 5) Check the roof of your mouth, the back of your throat, and the floor of your mouth.
- 6) Put a finger under your tongue and another finger under your chin and press down to check for lumps.

For more information on oral cancer, visit health.maryland.gov/oral-health.

Need help quitting tobacco use?

The Maryland Tobacco Quitline is a free service provided by the Maryland Department of Health (MDH) to help people quit using tobacco products.

Call **1-800-QUIT-NOW** (1-800-784-8669) for free telephone-based counseling, support, and tips to help you quit smoking for good.

You can also visit smokingstopshere.com.



MARYLAND
Department of Health

Non-Discrimination Statement

MDH complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, or disability in its health programs and activities.

English

Help is available in your language:
410-767-5300 (TTY: 1-800-735-2258).
These services are available for free.

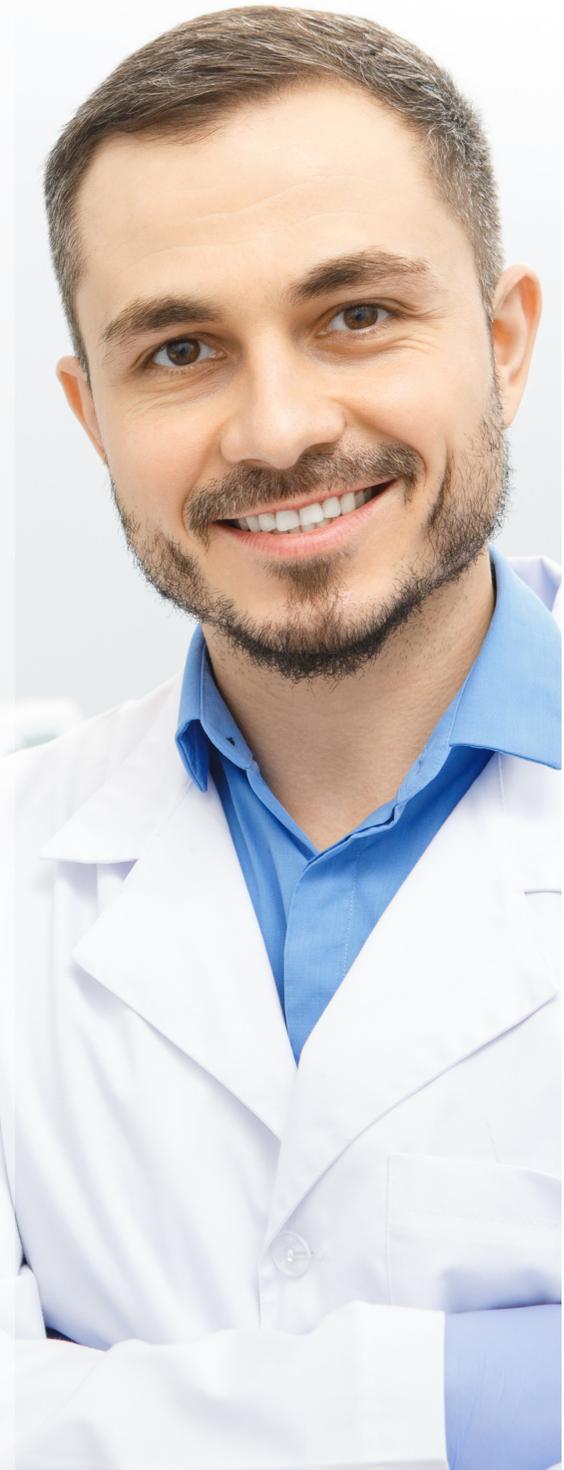
Español/Spanish

Hay ayuda disponible en su idioma:
410-767-5300 (TTY: 1-800-735-2258).
Estos servicios están disponibles gratis.

Chinese

中文
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(TTY: 1-800-735-2258)。这些服务都是免费的

August 2018



ORAL CANCER SCREENING
Prevention and early detection saves lives.

Most oral cancer is preventable; early detection is critical.

Approximately 40,000 new cases of oral cancer are expected in the United States each year.

Oral cancer can occur anywhere in the mouth and on the lips. In Maryland, about 600 new cases of oral cancer are expected each year.

Risk factors for oral cancer:

- Gender — twice as common in men
- Tobacco use
- Alcohol use
- Diet
- Prolonged sun exposure
- Human papillomavirus (HPV)

Consult with a dental or medical provider if any of the following conditions last more than two weeks.

- 1) A sore on your lip or in your mouth that does not heal. This is the most common symptom.
- 2) Patches inside your mouth or on your lips that are white, or a mixture of red and white.
- 3) A sore throat or a feeling that something is caught in your throat.
- 4) Numbness on your tongue or in other areas of your mouth.
- 5) Difficulty moving the jaw or tongue.
- 6) Difficulty wearing dentures.
- 7) Difficulty swallowing or chewing.
- 8) Loosening of the teeth or pain around the teeth or jaw.

Early detection and prevention are key. Have an oral exam once a year. Ask your dental provider for an oral cancer exam during your visit.

Avoid tobacco products: cigarettes, chew, snuff, pipes, cigars, etc. Ninety percent of patients with oral cancer use tobacco.

Limit alcohol consumption. Eighty percent of patients with oral cancer frequently consume alcohol.

Use lip balm that has an SPF of at least 15. Thirty percent of patients with oral cancer have outdoor occupations associated with prolonged sun exposure.

Eat a variety of fruits and vegetables. Eating at least five servings of fruits and vegetables every day may provide some protection against oral cancer.

Be aware of sexual behaviors leading to HPV exposure. Talk to your dental or medical provider about how the HPV vaccine might prevent oropharyngeal cancer.