

Word Count: 95
:30 sec.

PSA (for smokers): April is Oral Cancer Awareness Month
Smoking cessation services available from the Maryland Tobacco Quitline

AUDIO:

Everyone knows smoking can cause lung cancer. But did you know that tobacco use causes another deadly disease? According to the CDC, 75-85% of people who use tobacco products are at risk for oral cancer. If you smoke or chew tobacco, there are resources out there to help you quit. The Maryland Tobacco Quitline is a FREE telephone-based counseling service. Call 1-800-QUIT NOW ([1-800-784-8669](tel:1-800-784-8669)), or visit www.quitnow.net/maryland today to get started. Don't give oral cancer a head start.

This message brought to you by the Maryland Department of Health and Mental Hygiene and this station.

Word Count: 78
:30 sec.

PSA : April is Oral Cancer Awareness Month
Importance of a yearly Oral Cancer Exam

AUDIO:

Brushing your teeth for two minutes, twice a day can save your smile. Taking the time for a two minute oral cancer exam can save your life. Ask your dental or medical provider for a yearly oral cancer exam. This painless, two-minute exam is the key to finding oral cancer early. So get checked! Don't give oral cancer a head start.

This message brought to you by the Maryland Department of Health and Mental Hygiene and this station.

Word Count: 179
:60 sec.

PSA (for the general public): April is Oral Cancer Awareness Month
Importance of a yearly oral cancer exam

AUDIO:

Every year in Maryland, over 650 people are diagnosed with oral cancer. Tobacco and alcohol use, a lot of time in the sun and exposure to the Human Papillomavirus (HPV) due to certain sexual behaviors, may put you at an increased risk for oral cancer. Quitting smoking and avoiding these other behaviors are some of the best things you can do to reduce your risk of oral cancer.

And there's something else you can do. Ask your dental or medical provider for a yearly oral cancer exam. This painless, two-minute exam is the key to finding oral cancer early, when it's most curable. And if you notice a painless growth or sore in your mouth or on your lip that lasts more than two weeks, or if you have numbness in the mouth or difficulty swallowing or chewing, don't wait—see your dental or medical provider right away. Don't give oral cancer a head start. Early detection of oral cancer is important.

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