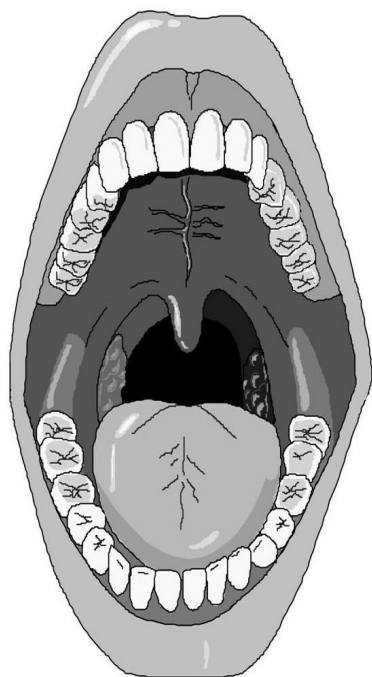


Open Wide



Look Inside

A **painless**, two-minute exam is the key to finding oral cancer early.

Ask your dentist
or health care provider for an oral cancer exam at your next visit.

It could save your life.

**Oral
Cancer**



Maryland's

1-800



QUIT NOW

SmokingStopsHere.com

<http://phpa.dhmv.maryland.gov/oralhealth>

RISK FACTORS FOR ORAL CANCER

- ✗ Cigarettes, cigars, spit tobacco & pipes
- ✗ Alcohol
- ✗ Sunlight
- ✗ Lack of fruits and vegetables
- ✗ Exposure to Human Papillomavirus (HPV)

PREVENTING ORAL CANCER

- ✓ Stop smoking
- ✓ Limit alcohol use
- ✓ Use lip balm with SPF 15 or higher
- ✓ Eat a diet rich in fruit & vegetables
- ✓ Limit sexual behaviors leading to HPV exposure

For more information about oral cancer programs in your area, contact your local health department.



STATE OF MARYLAND

DHMH

**Prevention and Health
Promotion Administration**

Office of Oral Health

Martin O'Malley,
Governor

Anthony G. Brown,
Lt. Governor

Joshua M. Sharfstein, M.D.,
Secretary of Health and Mental Hygiene