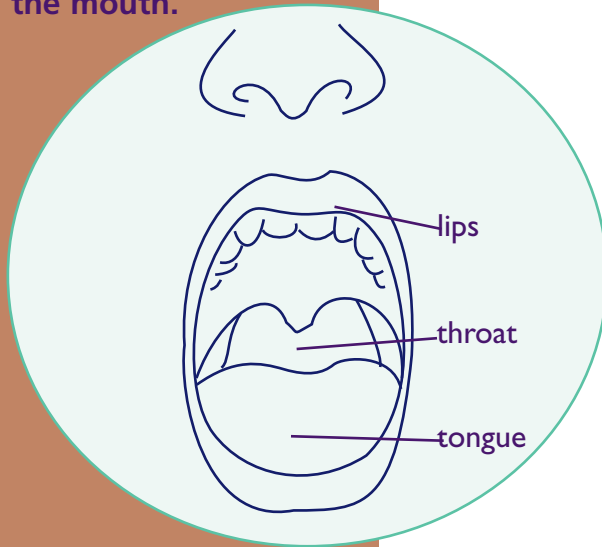


What Is Oral Cancer?

Oral cancer is cancer of the lips, tongue, cheeks, throat, and floor of the mouth.



More lives are claimed by oral cancer than kidney cancer, melanoma (skin cancer), and cervical cancer. If oral cancer is found too late, treatment can be longer and possibly lead to a misshapen face.

Finding oral cancer early will improve your chances of being cured.

THE
ORAL CANCER
PARTNERSHIP



For more information about oral cancer and oral cancer screening, call the Oral Cancer Partnership hotline at 617-414-4650, or visit our website at <http://www.preventoralcancer.org>

Asking your dentist for an oral cancer screening today can save your life tomorrow!

The Oral Cancer Partnership is here to help you and your community understand oral cancer. OCP members are:
Boston University School of Dental Medicine
The Forsyth Institute
Harvard School of Dental Medicine
Tufts University School of Dental Medicine
Massachusetts Department of Public Health
Massachusetts Dental Society
Massachusetts Dental Hygiene Association

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**Don't
Be Afraid
To Say**

AHH ...

Ask Your Dentist & Dental Hygienist!

Your Guide to
**Oral
Cancer
Prevention**

Am I At Risk For Oral Cancer?

Anyone can get oral cancer. But, if you

- Use tobacco
- Are a heavy drinker
- Are an older adult (age 40 and older)
- Are not eating the right foods then you are at greater risk for oral cancer.

If you are a smoker and a heavy drinker, you are more likely to get oral cancer.

What Are the Warning Signs of Oral Cancer?

Common signs of oral cancer are:

- A mouth sore that does not heal
- A mouth sore that bleeds easily
- A white or red patch in your mouth that does not go away
- A lump, swelling, or soreness in the mouth, throat, or tongue
- Problems with chewing or swallowing food

Why Is It So Important to Find Oral Cancer Early?

Oral Cancer is curable when found in its early stages!

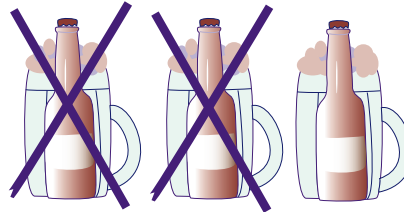
By getting screened once a year, cancer is more likely to be found early. Finding cancer in its early stages usually means simpler treatment and a better chance for a cure.

How Can I Protect Myself from Oral Cancer?

Do not smoke or use chew tobacco.



Avoid drinking too many alcoholic beverages.



Eat a balanced meal, rich with fruits and vegetables.



Have an oral cancer screening once a year.



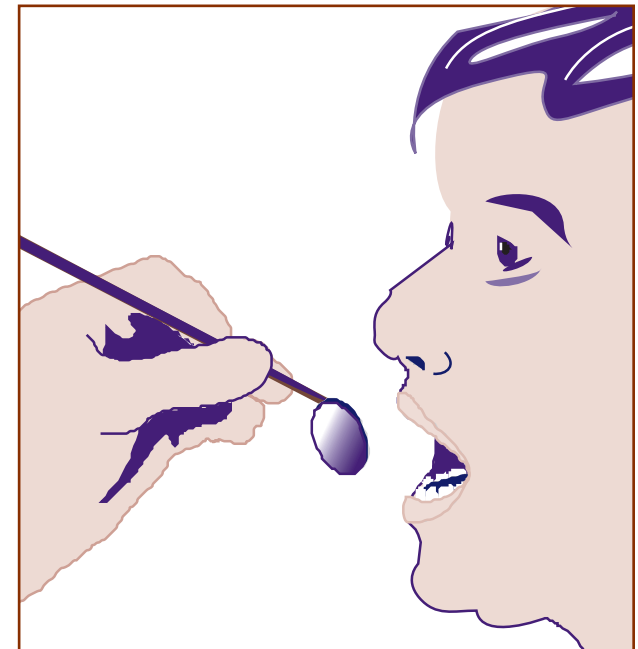
Avoid too much sunlight and use sunscreen on your lips.



What Is An Oral Cancer Screening?

It takes a dental professional 1 to 3 minutes to check for oral cancer. He/she will:

- Look at your face, ears, and neck.
- Feel for large lumps just below the jawline.
- Look at the inside of your lips and the cheeks, your tongue, the floor of your mouth, your gums, and the back of your mouth.



Your dental professional can see parts of your mouth that you can't easily see yourself.