Preventing Oral Cancer

What Can I Do?

• Quit or cut back on tobacco use (cigarettes, snuff and chew)
• Quit or cut back on alcohol use
• Eat five or more fruits and vegetables every day
• Use a lip balm with a sunscreen
• Check your own mouth for white or red spots that may not hurt
• Have a yearly oral cancer exam.

Stopping Oral Cancer Early

• Ask your dentist or doctor for an oral cancer exam once a year
• Ask if your dentist or doctor saw or felt something unusual
• Go back to the dentist or doctor if you have a sore throat or any spot in your mouth that is still there after 2 weeks

IDPH Toll-free Tobacco Quit Line:
1-866-QUIT-YES or 1-800-784-8937
It only takes five minutes.

Your dentist or doctor examines your mouth—

- Looks under your tongue
- Checks the sides of your tongue using a piece of gauze to pull your tongue out a little
- Feels your neck and around your mouth
- Checks your cheeks and gums and the roof of your mouth
- Looks in your throat and checks your tonsils
- If an unusual area is found, you may be referred to a specialist.

That’s it! It doesn’t hurt at all! All the doctor or dentist does is look and feel!