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.

Stoping 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

STAY ALIVE

Have an Oral Cancer Exam
Oral Cancer
Facts

Oral Cancer Statistics

- Oral cancer strikes twice as many men as women.

- Out of about 30,000 new cases every year in the U.S., it will kill nearly 7,500 people.


- In five years, half of all people diagnosed with oral cancer today will be dead.

- 90% of oral cancer patients use tobacco.

- Every hour of every day, someone dies from oral cancer.

- The key to beating oral cancer is to prevent it or to find it early!

Oral Cancer can be prevented!

What Causes Oral Cancer?

- Tobacco and alcohol use are the most common reasons you get oral cancer.

- They are more dangerous together than if you do one without the other.

- Human papillomaviruses (HPV) may play a role in causing oral cancer.

- Too much sun can cause lip cancer.

- Poor diet can make it easier to get oral cancer.

- People of any age can get oral cancer, but those over 40 are more at risk.

What is an Oral Cancer Exam?

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!