Are You at Risk for Oral Cancer?



When oral cancer is detected and treated early, the 5-year **survival rates** can be as high as **83%**.

RISK FACTORS



exposure





Diet low in fruits & vegetables



Cigarettes



Chewing tobacco

Betel quid

PROTECT YOURSELF

- Check your mouth for symptoms. If you see a problem, call your dentist.
- Visit your dentist regularly. Your dentist can do a screening for oral cancer during a regular exam.

GROUPS AT RISK

Men. Oral cancer affects men at twice the rate of women.

African-Americans. Black men face the greatest risk of developing the disease and die at a higher rate than their white counterparts.

KNOW WHAT TO LOOK FOR

- A sore that lasts longer than two weeks
- Swelling, growth or lumps in or near your mouth or neck
- Don't smoke or drink. If you drink and smoke at the same time, your risk multiplies, since alcohol increases the absorption of the toxic chemicals in tobacco.
- Eat a healthy diet rich in fruits and vegetables.

- White or red patches on your lips or in your mouth
- Bleeding from your mouth or throat
- Persistent hoarseness or difficulty swallowing

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