

# 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



Sun exposure



Diet low in fruits & vegetables



Cigarettes



Chewing tobacco



Alcohol



HPV



Betel quid

## 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.

## 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.
- **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.

## KNOW WHAT TO LOOK FOR

- A sore that lasts longer than two weeks
- Swelling, growth or lumps in or near your mouth or neck
- 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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