

Open Wide : Look Inside

The Importance of an Oral Cancer Exam

A painless, two-minute exam is the key to finding oral cancer early.

Ask your dentist or health care provider for an oral cancer exam at your next visit. **It could save your life.**

Risk Factors

Risk Factors of Oral Cancer

- Cigarettes, cigars, spit tobacco, and pipes
- Alcohol
- Sunlight
- Lack of fruits and vegetables
- Exposure to Human Papillomavirus (HPV)

Preventing Oral Cancer

- Stop smoking
- Limit alcohol use
- Use lip balm with SPF 15 or higher
- Eat a diet rich in fruits and vegetables
- Vaccinate boys and girls beginning at age 11 or 12 against HPV

Benefits of Quitting Smoking

Quitting smoking or stopping tobacco usage is one of the most beneficial actions a person can take to improve their health. Quitting works to repair and normalize the body and the mouth. The risk of mouth and throat cancer drop significantly. Gum disease, bone loss of the jaw and tooth loss are far less frequent. Sores in the mouth can heal appropriately and bad breath will go away.

How to Quit



Quitting isn't easy but it is worth it! The Maryland Tobacco Quitline **1-800-QUIT-NOW (1-800-784-8669)** is a FREE phone, web, and text message service (text **READY** to **34191**) that is available to all Maryland residents over the age of 13 to help with quitting any form of tobacco.

Live Vape Free

Teens, ages 13-17, can enroll in the Live Vape Free program to learn more about vaping and get help with quitting through podcasts, videos, and live coach chats. Text **VAPEFREE** to **873-373** to get started.



SmokingStopsHere