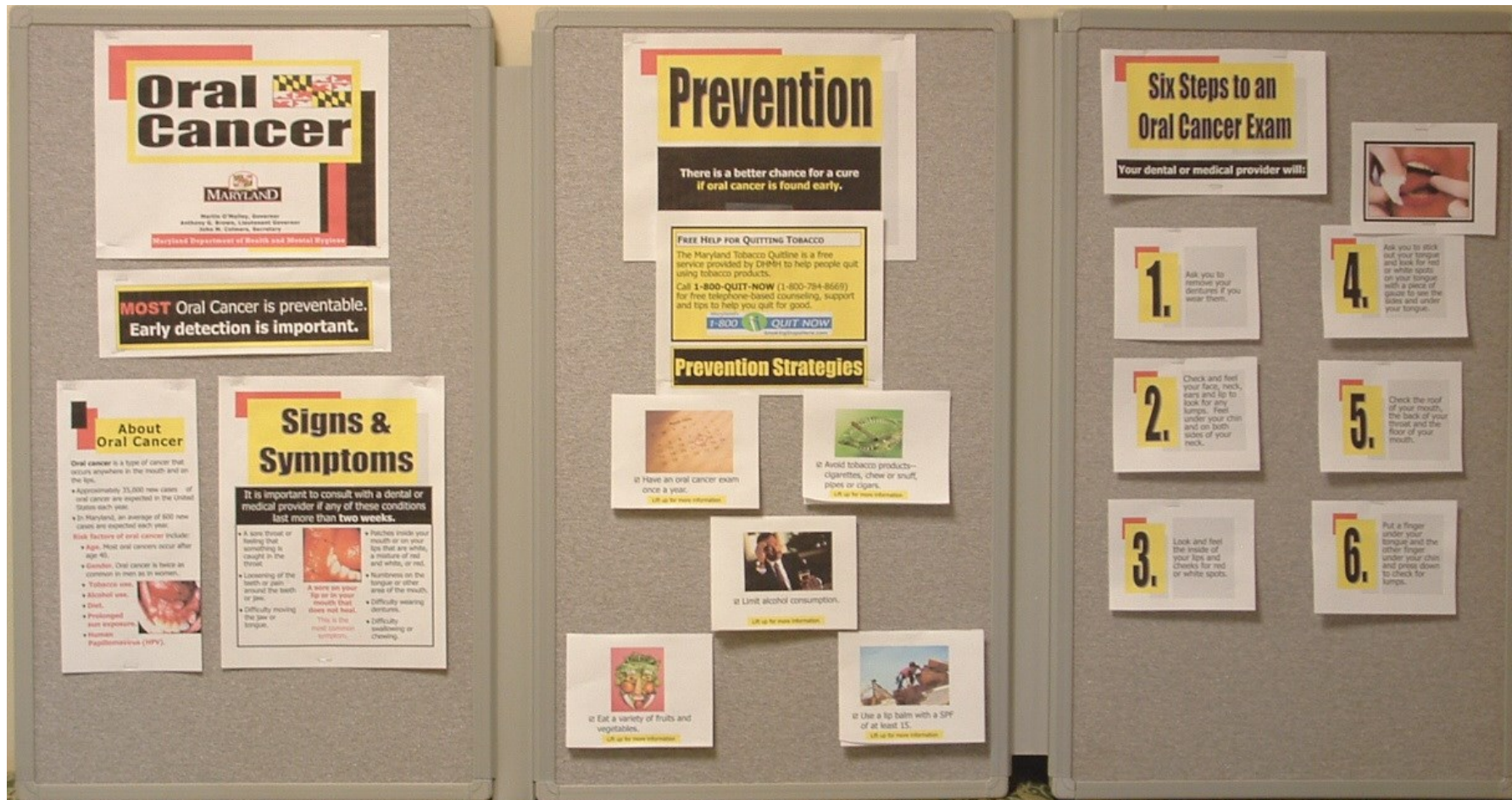


# Sample Display - 3 panel



- All pages are designed to print on 8.5 x 11 inch paper using a color printer with card stock paper.
- Dotted lines indicate cut lines.
- The five photos shown in the center panel are designed as “lift up” panels. Cut the panels apart then simply tape the top photo to the bottom panel so readers may lift up the top card and read more information on the panel beneath the photo.

# Oral Cancer



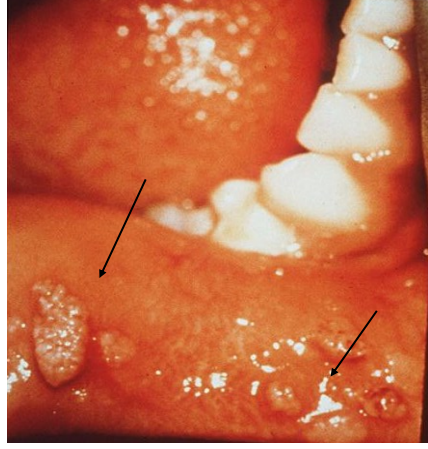
**Larry Hogan, Governor**  
**Boyd Rutherford, Lieutenant Governor**  
**Robert Neall, Secretary**

**Maryland Department of Health and Mental Hygiene**

# Signs & Symptoms

It is important to consult with a dental or medical provider if any of these conditions last more than **two weeks**.

- ◆ A sore throat or feeling that something is caught in the throat
- ◆ Loosening of the teeth or pain around the teeth or jaw.
- ◆ Difficulty moving the jaw or tongue.



**A painless sore on your lip or in your mouth that does not heal.**

This is the most common symptom.

- ◆ Patches inside your mouth or on your lips that are white, a mixture of red and white, or red.
- ◆ Numbness on the tongue or other area of the mouth.
- ◆ Difficulty wearing dentures.
- ◆ Difficulty swallowing or chewing.

**A painless 2 minute  
exam may save your life.**

## About Oral Cancer

**Oral cancer** is a type of cancer that occurs anywhere in the mouth, the lips and head and neck region.

- ◆ Approximately 36,000 new cases of oral cancer are expected in the United States each year.
- ◆ In Maryland, over 730 new cases are expected this year.

**Risk factors of oral cancer** include:

- ◆ **Gender.** Oral cancer is twice as common in men as in women.
- ◆ **Tobacco use.**
- ◆ **Alcohol use.**
- ◆ **Diet.**
- ◆ **Prolonged sun exposure.**
- ◆ **Human Papillomavirus (HPV).**



# Oral Cancer is preventable. Early detection is important.

# Prevention

**There is a better chance for a cure  
if oral cancer is found early.**

## FREE HELP FOR QUITTING TOBACCO

The Maryland Tobacco Quitline is a free service provided by DHMH to help people quit using tobacco products.

Call **1-800-QUIT-NOW** (1-800-784-8669) for free telephone-based counseling, support and tips to help you quit for good.



# Prevention Strategies



- ☑ Have an oral cancer exam once a year.

Lift up for more information

(More information for annual oral cancer exams)

Ask your dental or medical provider for an oral cancer exam during your visit.

Oral cancer exams are painless and take less than 2 minutes!



- ☑ Avoid tobacco products-- cigarettes, chew or snuff, pipes or cigars.

Lift up for more information

(More information about tobacco products)

90% of patients with oral cancer use tobacco.





☑ Limit alcohol consumption.

Lift up for more information

(More information about alcohol consumption)

80% of patients with oral cancer frequently consume alcohol.



☑ Use a lip balm with a SPF of at least 15.

Lift up for more information

(More information about SPF 15 for sun protection)

30% of patients with oral cancer have outdoor occupations associated with prolonged sun exposure.

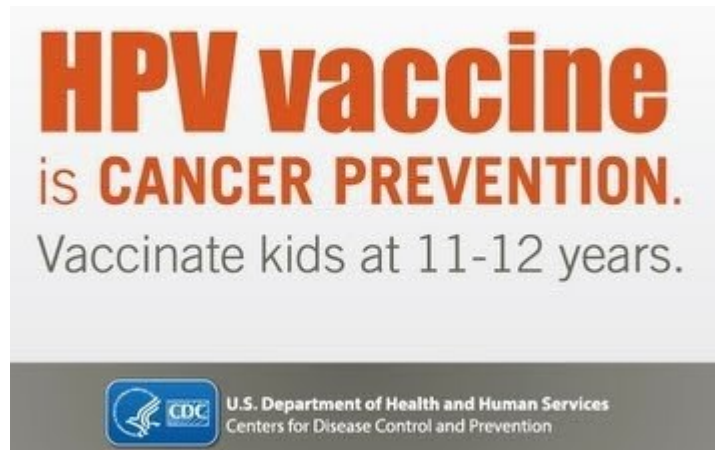


- ☑ Eat a variety of fruits and vegetables.

Lift up for more information

(More information about fruits and vegetables)

Eating at least five servings of fruits and vegetables every day may provide some protection against oral cancer.



- ☑ Vaccinate boys and girls beginning at age 11 or 12 against the Human Papillomavirus (HPV).


Lift up for more information

(More information about the HPV Vaccine)

All preteens should get the HPV vaccination so they can be protected from HPV infections that cause cancer. Visit <http://phpa.dhmh.maryland.gov/cancer/Pages/HPV.aspx> for more information.

# Six Steps to an Oral Cancer Exam

**Your dental or medical provider will:**



**1.**

Ask you to remove your dentures if you wear them.




**3.**

Check and feel your face, neck, ears and lip to look for any lumps. Feel under your chin and on both sides of your neck.



**2.**

Check and feel your face, neck, ears and lip to look for any lumps. Feel under your chin and on both sides of your neck.



**4.**

Ask you to stick out your tongue and look for red or white spots on your tongue with a piece of gauze to see all around your tongue.

5.

Check the roof of your mouth, the back of your throat and the floor of your mouth.



6.

Put a finger under your tongue and the other finger under your chin and press down to check for lumps.