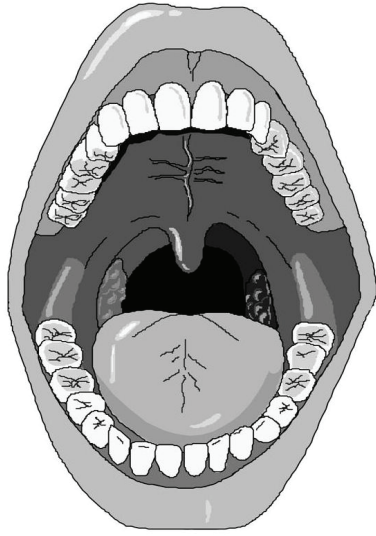


# Open Wide



# Look Inside

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.**

**Oral Cancer**

Maryland's

1-800



**QUIT NOW**

[SmokingStopsHere.com](http://SmokingStopsHere.com)

<http://fha.dhmfh.maryland.gov/oralhealth>

## **RISK FACTORS FOR ORAL CANCER**

- ✗ Cigarettes, cigars, spit tobacco & 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 fruit & vegetables
- ✓ Limit sexual behaviors leading to HPV exposure

For more information about oral cancer programs in your area, contact your local health department.



STATE OF MARYLAND

**DHMH**

Family Health Administration  
Office of Oral Health

Martin O'Malley,  
Governor

Anthony G. Brown,  
Lt. Governor

Joshua M. Sharfstein, M.D.,  
Secretary of Health and Mental Hygiene