



Risk Factors for Oral Cancer

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

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.



Maryland's

1-800



QUIT NOW

SmokingStopsHere.com

Prevention and Health Promotion Administration
Office of Oral Health

Larry Hogan, Governor * Boyd Rutherford, Lt. Governor * Van Mitchell, Secretary



Preventing Oral Cancer

- ✓ Stop smoking
- ✓ Limit alcohol use
- ✓ Use lip balm with SPF 15 or higher
- ✓ Eat a diet rich in fruit & vegetables
- ✓ Vaccinate boys and girls beginning at age 11 or 12 against the Human Papillomavirus (HPV)



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

Oral Cancer

<http://phpa.dhmd.maryland.gov/oralhealth>