

Risk Factors for Oral Cancer

- ✓ Cigarettes, cigars, spit tobacco and 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.



Preventing Oral Cancer

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

Maryland's

1-800



QUIT NOW

SmokingStopsHere.com

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

Prevention and Health Promotion Administration
Office of Oral Health

Larry Hogan, Governor * Boyd Rutherford, Lt. Governor * Dennis R. Schrader, Secretary



MARYLAND
Department of Health

health.maryland.gov/oral-health