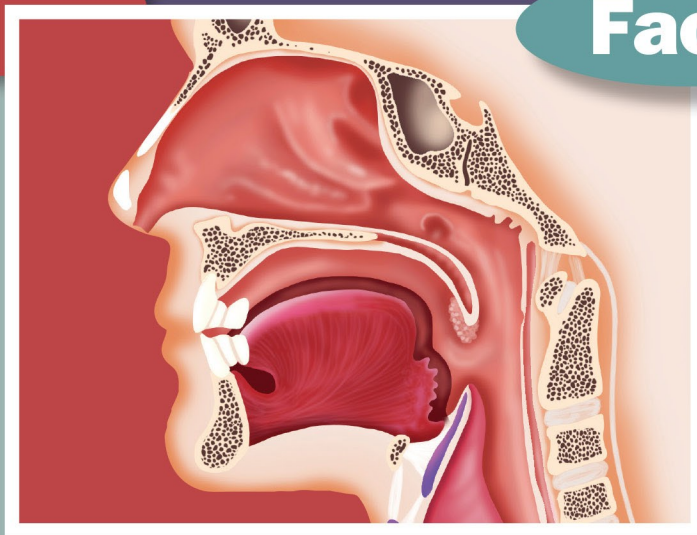


Oral Cancer

Facts



50,000

An estimated **50,000 people** are diagnosed with oral cancer each year in the US.
In the US, a person dies from oral cancer **every hour of every day** (around 9,000 people a year)

Risk Factors



Tobacco

smoking cigarettes, pipes, cigars, snuff, chew, smokeless tobacco



Alcohol

especially when you use tobacco at the same time



Exposure to HPV

the sexually-transmitted, Human Papillomavirus (HPV16)

Other conditions

that may promote oral cancer include:

Physical trauma

Infectious disease



Poor oral hygiene

Poor nutrition



Oral cancers are **2x more common** in men than women.



Oral cancer's mortality rate is **particularly high**, not because it is hard to detect or diagnose, but because the cancer is **often discovered late** in its development.



Self-exam

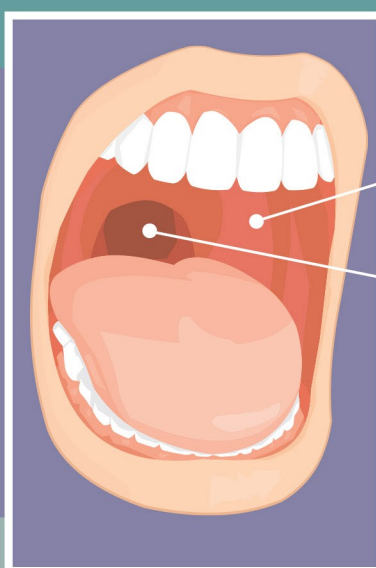


Perform a six-step oral cancer self-exam each month. Using a bright light and a mirror:

- 1 Remove any dentures
- 2 Look and feel inside the lips and the front of gums
- 3 Tilt head back to inspect and feel the roof of your mouth
- 4 Pull the cheek out to see its inside surface as well as the back of the gums
- 5 Pull out your tongue and look at all of its surfaces
- 6 Feel for lumps or enlarged lymph nodes (glands) in both sides of the neck including under the lower jaw

When performing an exam look for:

- White patches of the oral tissues — leukoplakia
- Red patches — erythroplakia
- Red and white patches — erythroleukoplakia
- A sore that fails to heal and bleeds easily



- An abnormal lump or thickening of the tissues of the mouth
- Chronic sore throat or hoarseness
- Difficulty in chewing or swallowing
- A mass or lump in the neck

Your **family dentist** or **oral and maxillofacial surgeon** is in the best position to detect oral cancer during your routine dental examinations.



For more information, visit MyOMS.org.



American Association of Oral and Maxillofacial Surgeons
Oral and maxillofacial surgeons:
The experts in face, mouth and jaw surgery®

Source: American Association of Oral and Maxillofacial Surgeons
www.MyOMS.org, Oral Cancer Foundation: <http://www.oralcancer.org/>