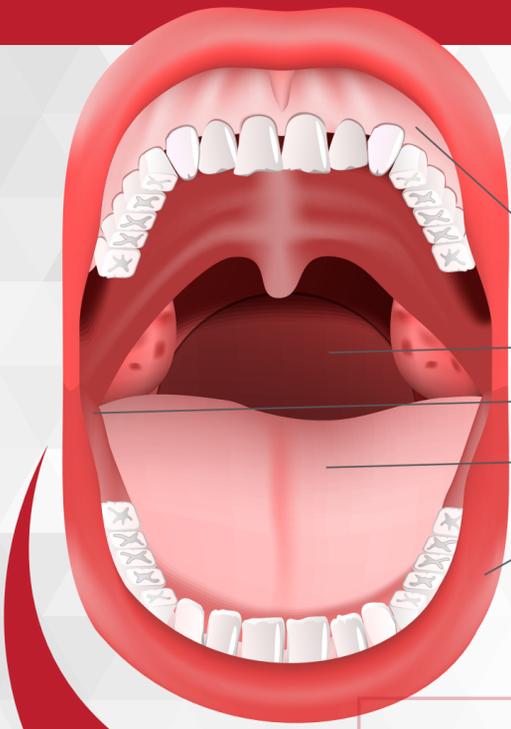


WHAT YOU NEED TO KNOW ABOUT ORAL CANCER

While anyone can develop oral cancer, certain factors can greatly increase your risk. Routine dental exams should include life-saving oral cancer screenings. Ask your dentist about these screenings.



Oral cancer can affect the:

- Mouth, including roof, floor and cheeks
- Gums
- Throat
- Minor salivary glands
- Tongue
- Lips

FAST FACTS

More than **2x** as common in men as women

Each year in the U.S., roughly **48,000** people will be diagnosed with oral cancer. That's about **132 people per day.**

Over **90%** of cases are squamous cell carcinomas, which begin in the cells that form the lining of the mouth and throat

Average age of diagnosis – **62**

Another **9,600** people will die from oral cancer in the U.S. this year. That's at least **one person per hour, every hour of the day.**

RISK FACTORS

The risk greatly increases when heavy use of both tobacco and alcohol are combined.



- Tobacco use
- Alcohol use
- Human papillomavirus (HPV) infection
- UV light exposure (usually from sun/tanning beds)
- Poor diet
- Compromised immune system
- Genetic syndromes
- Graft-versus-host-disease (due to stem cell transplant)
- Untreated periodontal (gum) disease



If you experience any of the following symptoms for more than 2 weeks, talk to your doctor.

- Mouth sore that doesn't heal
- Persistent sore throat that doesn't get better
- Thickening or lump in the cheek
- Mouth pain
- White or red patches on the tonsils, mouth, tongue or gums
- Tingling or numbness in the mouth or tongue
- Trouble chewing, swallowing, or moving the jaw and/or tongue
- Loosening or pain around the teeth
- Lump or mass in the neck
- Swelling of the jaw (may notice dentures not fitting)
- Consistent bad breath
- Weight loss
- Voice changes

SYMPTOMS

PREVENTION

While oral cancer is not always preventable, there are things you can do to significantly reduce your risk.



Limit or quit smoking and drinking alcohol.



Avoid exposure to HPV – use protection during oral sex



Reduce exposure to UV light – protect yourself from the sun and don't use tanning beds



Follow a healthy diet



Make sure dentures fit properly



Intervene early to treat pre-cancerous growths



Visit the dentist regularly for checkups

UNITED CONCORDIA® DENTAL

Important Disclosures: UnitedConcordia.com/Disclaimers

Sources: Oral Cancer; National Institute of Dental and Craniofacial Research; 2016
Oral Cavity and Oropharyngeal Cancer; American Cancer Society; 2016
Oral, Head & Neck Cancer Awareness Month; Oral Cancer Foundation; 2017
Dental; Oral Cancer Foundation; 2016