

According to the Oral Cancer Foundation, approximately 54,000 people in the United States will be diagnosed with oral cancer this year. You can help raise awareness by speaking to your dentist, friends and family members about the risk factors and best methods for early detection.

IS ORAL CANCER PREVENTABLE?

While no cancer is entirely preventable, there are five key measures we can take to reduce our risk for oral cancer and protect our health.

5 KEY MEASURES TO REDUCE RISK:

1.



ELIMINATE TOBACCO USE

Tobacco users have the highest risk for developing oral cancer. This applies to smoking, vaping, and use of all forms of smokeless tobacco. The more tobacco you use and the longer you have used it, the higher your risk.

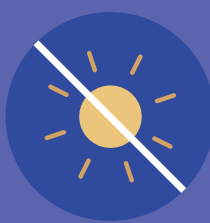
2.



MINIMIZE ALCOHOL INTAKE

Alcohol is another high risk factor and has an exponential effect on oral cancer diagnosis when added to tobacco use. Those who use tobacco and drink alcohol have a multiplied risk for oral cancer.

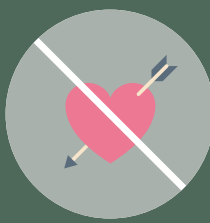
3.



LIMIT SUN EXPOSURE

Oral cancer can also occur on the lips. Reduce the risk of oral cancer around the mouth by wearing a lip balm with an SPF 15 or greater.

4.



PROTECT OURSELVES FROM HPV

Human Papilloma Virus is a sexually transmitted infection. Certain strains of HPV are associated with oral cancers that occur in the back of the throat. Protect yourself with the HPV vaccine and regular professional oral cancer screenings by your dentist.

5.



PREVENT CHRONIC DENTAL DISEASE

Chronic dental disease is caused by infection and inflammation in the mouth. Maintain great oral hygiene and visit your dentist regularly to prevent dental disease as soon as possible.

WHAT ARE THE SIGNS OF ORAL CANCER?

EARLY DETECTION IS KEY TO SURVIVAL FROM ORAL CANCER.

In its earliest stages, oral cancer causes **visual changes** that you can see. This is why regular at-home and professional exams (performed during your 6 month hygiene cleanings) are key to detecting cancer early!

When performing your monthly self-screening, pay attention to:



- any white discoloration that does not wipe away
- areas of tissue that are abnormally red
- a visible thickening of oral tissues or change in surface texture
- lumps in the neck that aren't present on the opposite side

YOUR NEXT STEPS

Reduce your risk and practice an at-home oral cancer screening today. Visit our friends at www.checkyourmouth.org for a helpful step-by-step guide.

WANT TO KNOW MORE? GET IN TOUCH!

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