

TIPS AND TRICKS

ORAL CANCER



Oral Cancer is part of a group of cancers called head and neck cancers. It can develop in any part of the oral cavity and many times oral cancer will begin on the tongue or the floor of the mouth



Men face twice the risk of developing oral cancer as women, and men who are over age 50 face the greatest risk



Risk factors for developing oral cancer include; smoking, smokeless tobacco, excessive consumption of alcohol, family history and excessive exposure to the sun.



Tobacco use cigarettes, pipes, cigars, and smokeless tobacco, is responsible for most cases of oral cancer



Alcohol, particularly beer and hard liquor, are associated with an increased risk of developing oral cancer



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The risk of developing oral cancer is higher in people who use both tobacco and alcohol. Avoiding or stopping the use of tobacco decreases the risk of oral cancer.



25% of all oral cancers occur in people who do not smoke and who only drink alcohol occasionally



Approximately 36,000 people in the US will be newly diagnosed with oral cancer in 2010



Many think that oral cancer is a rare cancer, but it will be newly diagnosed in about 100 new individuals each day in the US alone, and a person dies from oral cancer every hour of every day



When found early, oral cancers have an 80 to 90 % survival rate



Symptoms of Oral Cancer

- Patches inside your mouth or on your lips that are white or red
- Sores in your mouth or on your lips that won't heal
- Bleeding in your mouth
- Loose teeth
- Difficulty or pain when swallowing or wearing dentures
- A lump in your neck

