



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: Oral Cancer



Oral Cancer is part of a group of cancers called head and neck cancers. Although it can develop in any part of the mouth or neck region, many times oral cancer will begin on the tongue or the floor of the mouth. In later stages, oral cancer can be life threatening with a low survival rate, but that rate increases to 80-90% if found early. Having a regular oral cancer screening is highly recommended.



Risk factors for oral cancer:

- Tobacco- cigarettes, smokeless, e-cigarettes
- Alcohol
- HPV 16
- Poor Nutrition



Common symptoms of oral cancer:

- Lesions that do not heal in 2 weeks
- Hoarse, sore or scratchy throat
- Difficulty chewing/swallowing
- Ear pain
- Unexplained weight loss
- Lump in mouth or neck



Preventing oral cancer:

- Stay away from tobacco
- Drink alcohol only in moderation
- See your dentist regularly
- Get vaccinated for HPV
- Shield your lips from the sun
- Eat plenty of fruits and vegetables