

ORAL CANCER AWARENESS

About 39,500 People in the U.S. Will Get Oral Cancer In 2015

The Average Age of Most People Diagnosed Is 62, But Oral Cancer Can Also Occur In Younger People

Oral cancers are part of a group of cancers commonly referred to as head and neck cancers. Oral cancer can be dangerous because in its early stages it may not be noticed and it can frequently thrive without producing readily recognizable pain or symptoms.

This resource is intended to help educate patients on oral cancer symptoms, treatment and prevention options.

01 | Oral Cancer Symptoms

The most common symptoms of oral cancer include:

- Swelling/thickenings, lumps or bumps, rough spots/crusts/eroded areas on the lips, gums, or other areas inside the mouth
- Development of velvety white, red, or speckled(white and red) patches in the mouth
- Unexplained bleeding in the mouth
- Unexplained numbness, loss of feeling, or pain/tenderness in any area of the face, mouth, or neck
- Persistent sores on the face, neck, or mouth that bleed easily and do not heal within 2 weeks
- Difficulty chewing or swallowing, speaking, or moving the jaw or tongue
- Soreness or feeling that something is caught in the back of the throat
- Hoarseness, chronic sore throat, or change in voice
- Ear pain
- Dramatic weight loss

02 | Treatment

Oral cancer is treated the same way many other cancers are treated which include surgery to remove the cancerous growth, followed by radiation therapy

and/or chemotherapy to destroy any remaining cancer cells.

03 | Prevention

To prevent Oral cancer:

- Always brush and floss your teeth regularly
- Don't smoke or use any tobacco products
- Drink alcohol in moderation and refrain from binge drinking
- Limit your exposure to the sun. Repeated exposure increases the risk of cancer on the lip. When in the sun use UV-A/B-blocking sun protective lotions to your skin, as well as your lips.

You can take an active role in detecting Oral cancer by conducting a self-exam of your mouth at least once a month and seeing your dentist on a regular schedule. For additional resources on Oral cancer, please visit: <http://www.oralcancer.org/>

Did You Know?
Oral cancer is the 10th most common cancer in men

References

<http://www.oralcancerfoundation.org/facts/>

<http://www.cancercenter.com/oral-cancer/risk-factors/>

<http://www.cancer.org/cancer/oralcavityandoropharyngealcancer/detailedguide/oral-cavity-and-oropharyngeal-cancer-key-statistics>