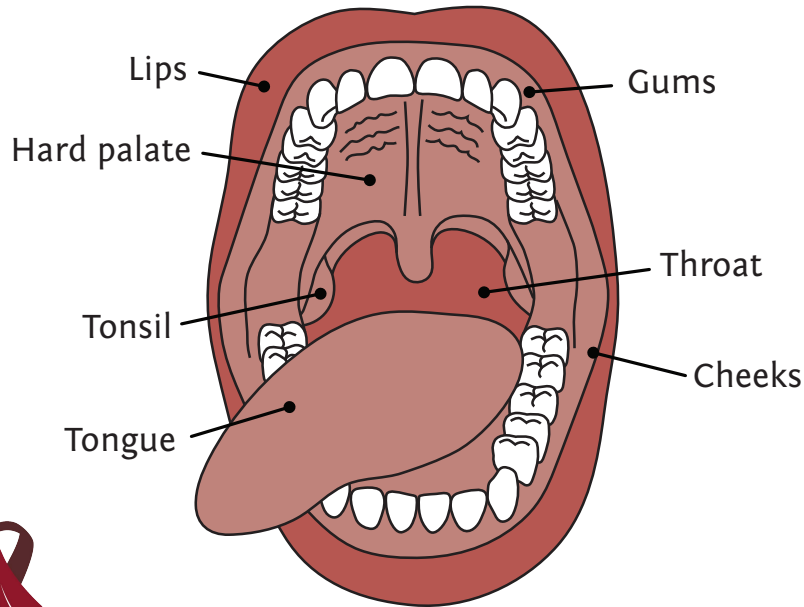


# What is oral cancer?

Cancer is a disease where cells in the body grow out of control.

Oral cancer is a disease where cancer cells form in the mouth, lips, cheeks, gums, tongue, hard palate, tonsils and the throat.



# What can I do?



## AVOID COMMERCIAL TOBACCO

Tobacco exposes the mouth to cancer-causing chemicals.



## LIMIT ALCOHOL USE

Alcohol can cause cancer by damaging DNA.



## GET VACCINATED AGAINST HPV

HPV (human papillomavirus) can lead to oral cancer. HPV often has no symptoms. Vaccinating is essential.



## LIMIT SUN EXPOSURE

Sun exposure can cause lip cancer. Use a lip balm with sunscreen to protect your lips from harmful sun exposure.



## MAINTAIN HEALTHY WEIGHT AND BE ACTIVE

Poor diet and lack of exercise can make it easier to develop cancer.





# Screening saves lives

Talk with your dental provider about getting screened for oral cancer.

- ▶ An oral cancer screening can detect early signs of cancer.
- ▶ Early detection is important. If found early, 75% of people survive. If found late, 20% survive.
- ▶ During the screening, a dentist or hygienist will examine your face, neck, lips, tongue, mouth and the back of your throat for abnormalities.
- ▶ The screening is quick, painless and is performed during your regular dental appointment.
- ▶ If your dentist does not give an oral cancer screening at every visit, ask for one.



Delta Dental of Minnesota Foundation



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Cancer Foundation.

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 [AmericanIndianCancer.org](http://AmericanIndianCancer.org)

# Prevent Oral Cancer ▶▶▶▶ in Indian Country



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Cancer Foundation.