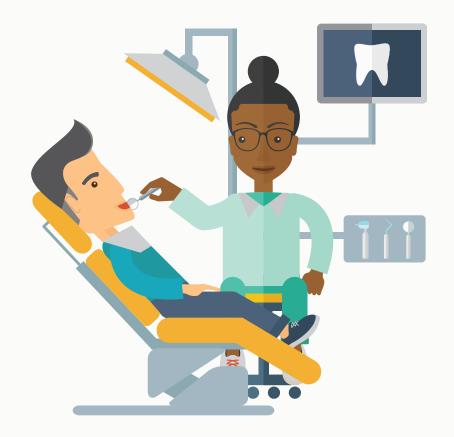
## Are You at Risk for Oral Cancer?



When oral cancer is detected and treated early, the 5-year survival rates can be as high as 83%.



## **GROUPS AT RISK**

**Men.** Oral cancer affects men at twice the rate of women.







African-Americans. Black men face the greatest risk of developing the disease and die at a higher rate than their white counterparts.

## PROTECT YOURSELF

- Check your mouth for symptoms. If you see a problem, call your dentist.
- Visit your dentist regularly. Your dentist can do a screening for oral cancer during a regular exam.
- Don't smoke or drink. If you drink and smoke at the same time, your risk multiplies, since alcohol increases the absorption of the toxic chemicals in tobacco.
- Eat a healthy diet rich in fruits and vegetables.

## KNOW WHAT TO LOOK FOR

- A sore that lasts longer than two weeks
- Swelling, growth or lumps in or near your mouth or neck
- White or red patches on your lips or in your mouth
- Bleeding from your mouth or throat
- Persistent hoarseness or difficulty swallowing

