

# Risk Factors for Oral Cancer



## TOBACCO & ALCOHOL USE

Tobacco use of any kind puts you at risk. Heavy alcohol use also increases your chances of developing the disease. Use of tobacco plus alcohol poses a much greater risk than using either substance alone.



## DIET

A diet low in fruits and vegetables may play a role in oral cancer development.



## AGE

Risk increases with age. Oral cancer most often occurs in people over the age of 40.



## SUN EXPOSURE

Cancer of the lip can be caused by sun exposure.

## POSSIBLE SIGNS OF ORAL CANCER:

- *A sore or irritation in your mouth, lip or throat*
- *The feeling that something is caught in your throat*
- *A white or red patch in your mouth*
- *Difficulty chewing, swallowing or moving your tongue*
- *Pain in one ear without hearing loss*
- *Swelling of the jaw*