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

FOR MORE INFORMATION ABOUT THE IMPORTANCE OF ORAL HEALTH, VISIT DELTADENTALOK.ORG/ORALHEALTH