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. Learn more at: AICAF.org/quit

LIMIT ALCOHOL USE
Alcohol can cause cancer by damaging DNA

GET VACCINATED AGAINST HPV
HPV (human papillomavirus) infects oral cells. HPV often has no symptoms. Vaccinating is essential. Learn more at: AICAF.org/hpv

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
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

Screening saves lives
Talk with your dental provider about getting screened for oral cancer

Prevent Oral Cancer in Indian Country