



ORAL CANCER AWARENESS

GET INFORMED

It is estimated that **42,000 people in the United States will be diagnosed** with oral cancer in 2013. Many of these cases will not be caught until the cancer is already well advanced. According to the National Cancer Institute, **over 40% of those diagnosed will die within five years**. Regular screenings as part of **routine dental exams are the best line of defense**. In the past, this life-threatening disease primarily affected people over the age of 40 who had a history of **smoking and tobacco use**. Today that has changed. Exposure to **the human papilloma virus (HPV) through oral sex has become the fastest growing risk factor** for oral cancer – affecting unprecedented numbers of otherwise healthy young people in their twenties and thirties.

CAUSES:

- Persistent viral infections such as HPV
- Smoking and tobacco use
- Alcohol consumption
- Diet low in fruits and vegetables

AFFECTED AREAS:

- Lips
- Gums,
- Tongue
- Roof of the mouth
- Floor of the mouth
- Throat
- Inside cheek lining

SYMPTOMS:

- Sores that bleed easily
- Sores that do not heal within 14 days
- Pain or difficulty swallowing, speaking or chewing
- A thick or hard spot or lump inside the mouth or neck
- A discolored, roughened or crusted area
- Numbness, pain or tenderness
- A change in the way your teeth fit together when you bite down
- Persistent ear ache or chronic hoarseness

GET SCREENED WITH EVERY ROUTINE DENTAL EXAM

Dr. Dave provides an oral cancer exam with every routine preventative dental appointment. Besides making a visual examination of all the tissues in your mouth, he feels the floor of your mouth and portions of the back of your throat with his fingers, in the search for abnormalities. **In its earliest stages oral cancer is difficult to detect except through a professional visual exam.** You can contribute to the examination by communicating any problems you are experiencing when chewing, swallowing, speaking or moving your tongue or jaw.

GET INVOLVED - SAVE A LIFE

You can help us develop greater awareness about oral cancer by sharing your knowledge and concerns with your friends and family – and encouraging them to pay close attention to their oral health, including scheduling regular dental check-ups throughout the year. It is also of vital importance to speak frankly and honestly with members of the younger generation about the oral health risks associated with HPV – as well as the other key risk factors, habitual tobacco and alcohol use. Together we can make a difference and end the devastation of oral cancer. For more information and resources visit our website: CityScapeDentalArts.com

