

# Oral Cancer

Knowing the Facts



# The Statistics

- Almost 42,000 Americans will be diagnosed with oral and throat cancers this year.
  - 8,000 people die of oral cancer every year.
- 5-year survival rate is approximately 64%.
- When cancer is detected and treated early, treatment-related health problems are minimized.

# Anatomy

- The oral cavity includes:
  - Lips, cheek lining, gums, front part of your tongue, floor of the mouth below the tongue and the hard palate (roof of your mouth).
- The pharynx (throat) starts at the soft part of the roof of your mouth and continues back into your throat, including:
  - The back section of your tongue & the base where the tongue attaches to the floor of your mouth.

# Regular Dental Visits are Important!

- The dentist will talk to you about your health history and examine for signs of mouth and/or throat cancer.
- The screening will consist of a visual inspection of the mouth and palpation of the jaw and neck.
- Regular visits to your dentist can improve the chances that any suspicious changes in your oral health will be caught early, when cancer can be treated more easily.

# Symptoms of Oral Cancer

- Sore or irritation that does not go away
- Red or white patches
- Pain, tenderness or numbness in mouth or lips
- A lump, thickening, rough spot, crust or small eroded area
- Difficulty chewing, swallowing, speaking or moving your tongue or jaw
- A change in the way your teeth fit together when you close your mouth

# Oral Cancer Up Close

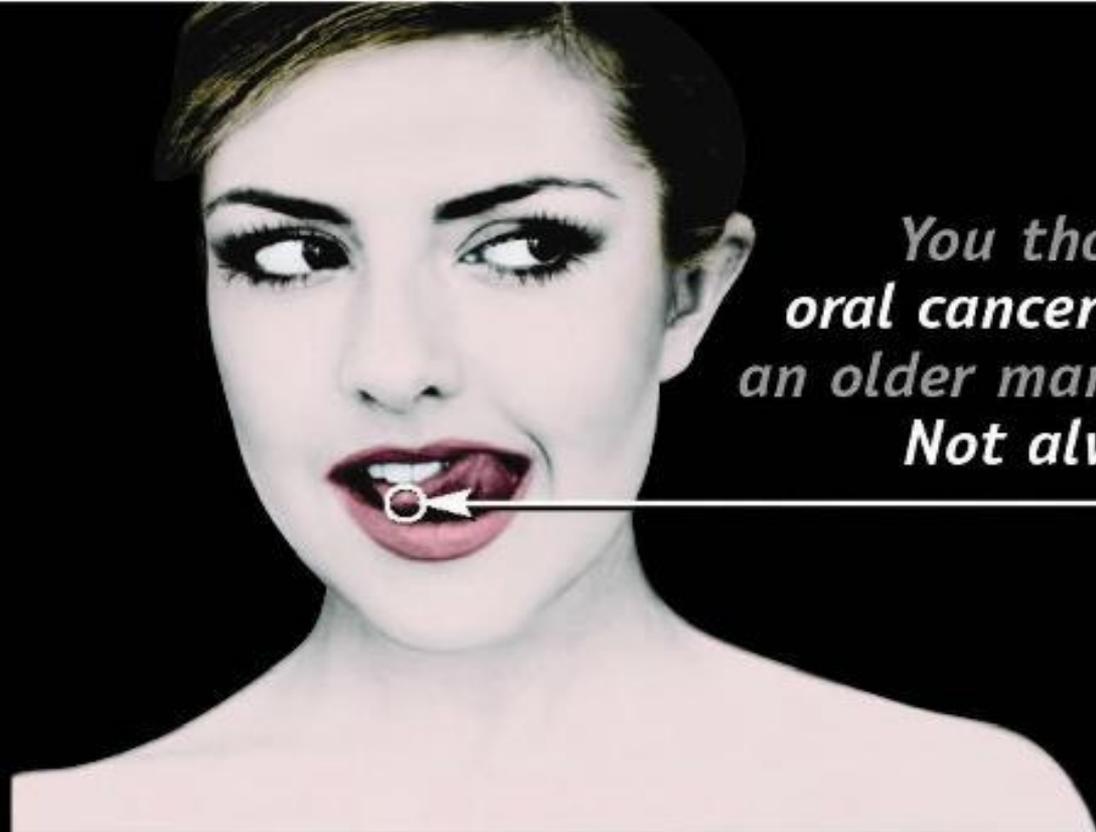


# Risk Factors

- Smoking
- Excessive alcohol consumption
- Age 50 and over
- Male (twice as likely to develop oral and pharyngeal cancer)
- UV light exposure to lips
- The human papilloma virus (HPV), which is sexually transmitted, has been associated with cancers of the oropharyngeal region (part of the throat at the back of the mouth).
  - HPV-positive oropharyngeal cancers are related to the increasing incidence of throat cancers in non-smoking adults.
- Diet rich in vegetables and fruits is associated with a lower incidence of oral and pharyngeal cancer.

# References

- MouthHealthy by the ADA:  
<http://www.mouthhealthy.org/en/az-topics/o/oral-cancer/>
- Oral Health Topics by the ADA:  
<http://www.ada.org/en/member-center/oral-health-topics/oral-cancer>
- Visit your dentist for your regular oral cancer screening and for further information concerning oral cancer!



*You thought  
oral cancer was just  
an older man's disease.  
Not always.*

*Oral cancer is rising in women,  
young people and non-smokers.  
Testing is now painless.  
Early detection saves lives.*

**ADA.**

American Dental Association  
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