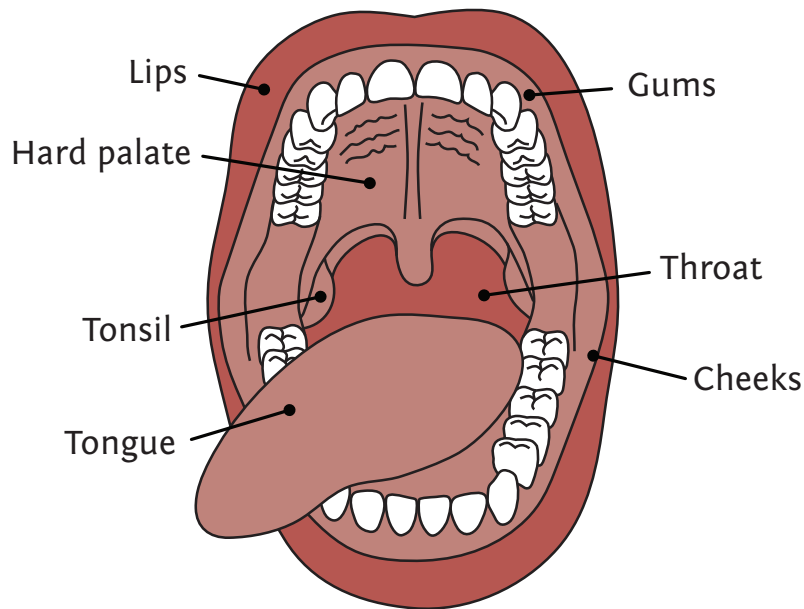


What is oral cancer?

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](https://www.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](https://www.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



Screening saves lives

Talk with your dental provider about getting screened for oral 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



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Prevent Oral Cancer ▶▶▶▶ in Indian Country



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