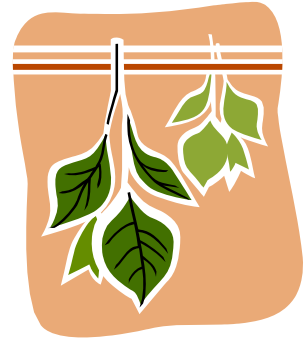


ORAL CANCER AND TOBACCO USE

Smokeless tobacco IS NOT a safe substitute for cigarettes.

Smoking or using smokeless tobacco causes 3 of every 4 cases of cancer of the mouth or throat.

Men are more likely to develop cancer of the mouth and throat than women. People over 40 years old get most (nearly 95%) of these cancers.



What puts you at risk for oral cancer?

- The major risk factor is using tobacco – cigarettes, cigars, pipes, chewing tobacco, or dipping snuff.
- Long-time heavy smokers have the greatest risk.
- Tobacco users who also drink heavily increase their risk.

You should be concerned if you:

- Have a sore on your lip or in your mouth that does not heal.
- Develop a lump or patch on your lips, gums, tongue, or in your mouth.
- Start bleeding, or have pain or a numb area on your lip or in your mouth.
- Notice a change in your voice.
- Notice loose teeth or find that your dentures no longer fit.
- Have trouble chewing, swallowing, or moving your tongue or jaw.
- Develop a sore throat or have a feeling that something is caught in your throat.

If you have any of these, see your primary care provider or dentist.

**Most cancers of the mouth and throat can be prevented.
Stop smoking or using smokeless tobacco to decrease your risk.**

For help to stop smoking or stop using smokeless tobacco, talk with your health care team.