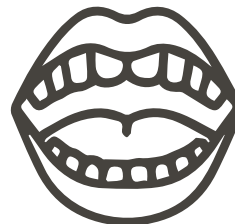
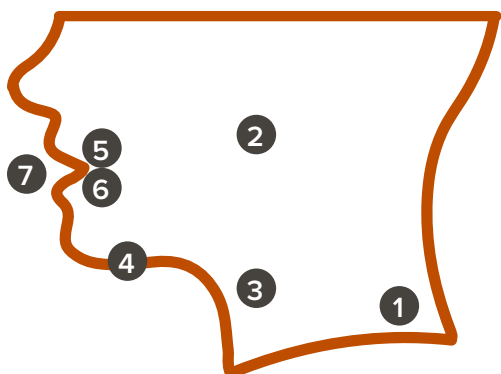


ORAL CANCER AWARENESS TIPSHEET



Oral cancer can form on the lips, cheeks, and teeth - as well as other areas in your mouth. Like most cancers, the signs and symptoms can vary from person to person. Below you will find some of the common symptoms, treatments, and prevention methods for oral cancer.

SYMPTOMS



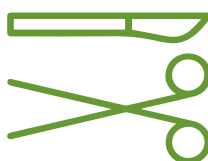
1. Swelling in the neck
2. A lump in the cheek
3. Difficulty swallowing or chewing
4. Trouble moving the jaw or tongue
5. Loosening of the teeth
6. Pain in the teeth or jaw
7. Voice changes

TREATMENTS



CHEMOTHERAPY

Chemotherapy is a treatment that uses various drugs to cure or alleviate oral cancer symptoms. It works by killing cells that rapidly grow in your body, such as cancer cells. However, since normal cells such as hair follicles and cells in your digestive tract also multiply rapidly, side effects are common.



SURGERY

Surgery is the main treatment for most people with oral cancer. Usually, these tumors can be removed through the opening of the oral cavity, but some may require a more extensive approach. The type of surgery used depends on the overall health, size, and stage of the cancer.



RADIATION THERAPY

Radiation therapy, also known as radiotherapy, uses high-energy waves to destroy cancerous cells. It can be your primary treatment for oral cancer or after surgery.



TARGETED THERAPY

Targeted therapy is a type of cancer treatment that targets the changes in cancer cells that help them grow, divide, and spread. Most targeted therapies are either small-molecule drugs or monoclonal antibodies.

PREVENTION



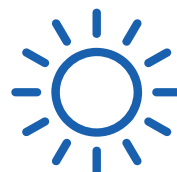
CONDUCT REGULAR SELF-EXAMS

Conduct a self-exam at least once a month. Use a bright light and mirror to examine your mouth and use a Q-tip to feel for lumps enlarged lymph nodes. If you notice any changes in the appearance of your mouth, contact your dentist.



AVOID SMOKING AND TOBACCO

Oral cancer is one of the most well-known risks when using tobacco. Refrain from smoking or using any tobacco products to avoid serious complications.



MINIMIZE SUN EXPOSURE

An excess of sun exposure on your lips increases your risk of oral cancer. You can reduce the danger by using a lip balm or cream containing SPF.

While you cannot fully prevent oral cancer, these steps can help reduce your chances of diagnosis. Visit your dentist on a regular basis to identify any signs of oral cancer as early as possible. If you've observed any of these symptoms, consider getting an oral cancer screening. **To learn more on what to expect during an oral cancer screening, [click here.](#)**



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