

Oral Cancer Will Kill More People in Maryland This Year Than...

- A. CERVICAL CANCER
- B. THYROID CANCER
- C. UTERINE CANCER
- D. ALL OF THE ABOVE**

Oral Cancer is more common than you think. *Every day almost 2 people in Maryland are diagnosed with oral cancer.* Don't become a statistic.

Ask your dentist

or other health care provider about a painless exam for oral cancer. It could

save your life.

**Oral
Cancer** 

Maryland's

1-800



QUIT NOW

SmokingStopsHere.com

www.maryland-oralcancer.org

RISK FACTORS FOR ORAL CANCER

- ✗ Cigarettes, cigars, snuff, spit tobacco & pipes
- ✗ Alcohol
- ✗ Sunlight
- ✗ Human Papillomavirus (HPV)
- ✗ Lack of fruits & vegetables

PREVENTING ORAL CANCER

- ✓ Stop smoking
- ✓ Limit alcohol use
- ✓ Use lip balm with SPF 15 or higher
- ✓ Eat a diet rich in fruit & vegetables

For more information about oral cancer programs in your area, contact your local health department.



STATE OF MARYLAND

DHMH

Family Health Administration
Office of Oral Health

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Martin O'Malley

Lt. Governor
Anthony G. Brown

Secretary of Health and Mental Hygiene
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