

Every Day
almost **2 People**
in Maryland
are Diagnosed
with **Oral Cancer.**

Oral Cancer is more
common than you think.

*Only 50% of people diagnosed with
oral cancer will live 5 years.*

Don't become a statistic.

Ask your dentist

or other health care provider for 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

Governor
Martin O'Malley

Lt. Governor
Anthony G. Brown

Secretary of Health and Mental Hygiene
John M. Colmers