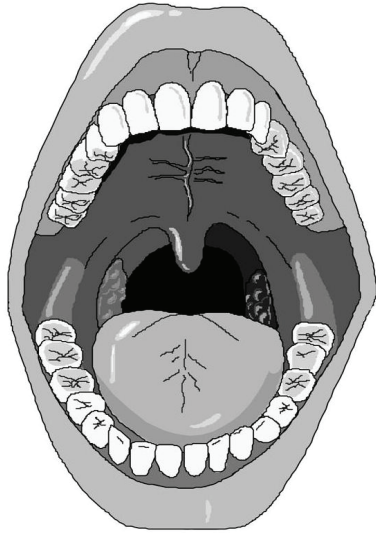


Open Wide



Look Inside

Oral Cancer is more common than you think. *Every day 2 people in Maryland are diagnosed with oral cancer.*

Don't become a statistic.

Ask your dentist

or health care provider for an oral cancer exam at your next visit. 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