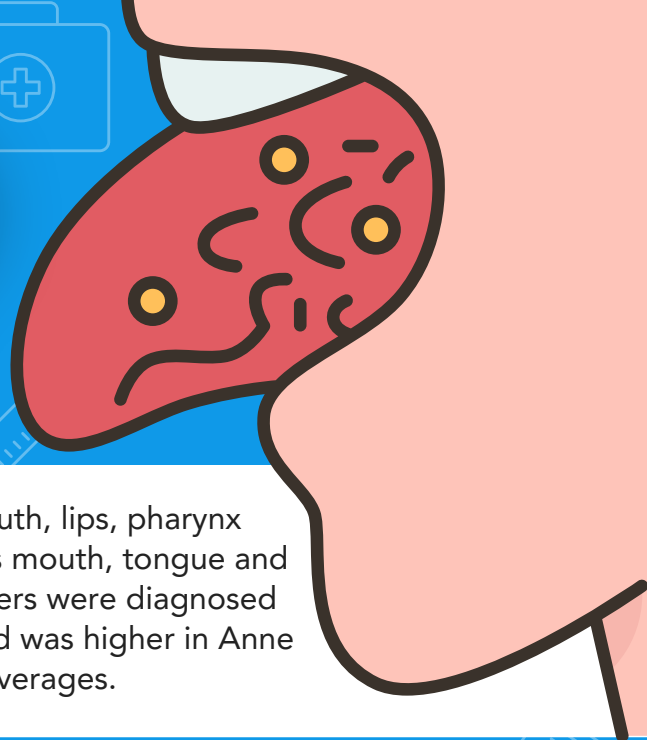


# WHAT IS ORAL CANCER?



Oral cancer is a form of cancer found in the tissues of the mouth, lips, pharynx and part of the throat. This cancer is commonly referred to as mouth, tongue and throat cancer. From 2017-2021, approximately 850 Marylanders were diagnosed with oral cancer each year. The rate of diagnosis in this period was higher in Anne Arundel County when compared to both national and state averages.

## Risk Factors



Tobacco use



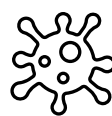
Alcohol Consumption



Age



Gender



HPV



Sun Exposure



Poor Diet

## Symptoms

- A sore in the mouth that does not heal.
- Pain in the mouth or throat.
- Trouble chewing or swallowing.
- White or red patches inside the mouth.
- Numbness.
- Bleeding.
- Loose teeth.
- Voice changes.
- Swelling of the jaw.
- Weight loss.
- Ear pain without hearing loss.
- Difficulty moving the jaw or tongue.
- Lump or thickening in the cheek and/or neck.



## Protect Your Mouth

- Annual oral exam.
- Good oral hygiene.
- Eat fruits and vegetables.
- Do not use tobacco.
- Use lip balm with SPF 30+.
- Limit alcohol.

**Consult a doctor if symptoms last more than two weeks. Early detection is key.**



[AAHealth.org/oral-cancer](https://AAHealth.org/oral-cancer)