

**Oral cancer** is more common than leukemia; skin melanoma; Hodgkin's disease; and cancers of the brain, liver, bone, thyroid gland, stomach, ovaries, and cervix; and is typically caused by long-term use of tobacco products and alcohol.

One of the most critical components of a regular oral health exam is a thorough oral cancer screening that includes a head and neck examination.

Want Some  
**Life-Saving Advice?**  
Ask Your  
**Dental Hygienist**  
about an **Oral Cancer**  
**Screening**

**Signs & Symptoms of Oral Cancer:**

- Sores that do not heal
- Lumps on the lip or in the mouth or throat
- White or red patches on the gums, tongue, or lining of the mouth
- Unusual bleeding, pain, or numbness in the mouth
- Difficulty or pain with chewing or swallowing
- Sore throats that do not go away, or a feeling that something is caught in the throat

This poster is brought to you by the American Dental Hygienists' Association and made possible through an educational grant from Procter & Gamble/Crest.



For more oral health information and tips, visit [www.adha.org](http://www.adha.org).

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