



Oral and Oropharyngeal (throat) Cancers Are on the Rise in Canada

The Canadian Cancer Society Estimated in 2015 that:

- Approximately 12 Canadians would be diagnosed each day with oral or throat cancer
- Approximately 3 people would die every day from oral cancer
- Approximately twice as many men as women would be diagnosed with throat or oral cancer

Reduce Your Risks

- Limit alcohol use (less than 1 alcoholic drink a day for women; less than 2 alcoholic drinks a day for men). Read more on the Canadian Cancer Society's "Prevention & Screening/Alcohol" web pages at www.cancer.ca
- Do not use tobacco products. Your dental hygienist can help you quit by offering tobacco cessation strategies during your next appointment.
- Protect yourself from human papillomavirus (HPV) infections by getting vaccinated. HPV DNA has been identified in two-thirds of oropharyngeal cancers.
- Protect your lips from the sun by limiting exposure and wearing SPF-containing lip balm when outside.
- Make healthy food choices. Consult *Canada's Food Guide* for more information.
- Visit your dental hygienist regularly. Dental hygienists can recognize abnormal tissue changes and will refer you to a specialist for follow-up. Oral cancer, if caught early, can be successfully treated.

Signs and Symptoms

- Changes to the colour of your gums, cheeks or tongue
- Mouth lumps, bumps or sores that do not heal within 14 days
- Persistent sore throat or cough or a change in your voice
- Difficulty swallowing or a feeling that something is stuck in your throat
- Lumps in the neck (even those that don't bother you)
- Mouth or ear pain in combination with any of the other symptoms listed



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