

# ***SOME IMPORTANT FACTS ABOUT ORAL CANCER***

---

- Oral cancer accounts for 2% – 4% of all cancers diagnosed annually in the United States, but its relative survival rates are among the lowest of all major cancers.
- Only one-half the number of persons diagnosed with oral cancer are alive 5 years after the diagnosis.
- Most early signs of oral cancer are painless, and are difficult to detect without a thorough head and neck examination by a dentist or physician.
- During a dental examination, your dentist can screen for precancerous changes in the oral tissues. Detecting cancer at an early stage helps increase the success of its treatment.
- When oral cancer is not found early, tumors may grow deep into local tissues, and can spread to other parts of the body.
- Avoiding high-risk behaviors, which include cigarette smoking, cigar smoking, pipe smoking, use of smokeless tobacco and excessive use of alcohol, is critical in preventing oral cancers.
- You may be able to protect yourself from oral cancer by modifying your diet. Studies suggest that a diet high in fruits and vegetables may prevent the development of precancerous lesions.