

## Are you at risk for oral cancer?

It's not one of the most talked-about diseases in the media, but the National Institutes of Health estimates that almost 50,000 new cases<sup>1</sup> of oral cancer are reported annually. Oral cancer is known as a silent disease, but you can reduce your risk when you:

- Get routine dental checkups: Your dentist will check for signs of oral cancer at each visit.
- Avoid tobacco products and over use of alcohol. Used together the risk of oral cancer is greatly increased<sup>2</sup>.
- Perform self-checks: Examine all of your mouth with a mirror regularly, to include the tongue and floor and the roof of the mouth.

Talk to your dentist immediately if you notice any of these symptoms.

- A sore in your mouth that does not heal within two weeks
- Color changes in your mouth
- Pain, tenderness or numbness in the mouth or on the tongue
- Difficulty chewing, speaking, swallowing or moving the jaw or tongue
- A lump inside the cheek
- A white or red patch on the gums, tongue, tonsil or lining of the mouth
- Jaw pain/swelling
- Voice change
- Persistent sore throat and/or feeling that something is lodged in the throat
- A lump or mass in your neck

For additional oral health information, visit: [www.unitedconcordia.com](http://www.unitedconcordia.com)

To help identify your oral health risk and show how your lifestyle factors and medical conditions impact the health of your mouth, take United Concordia's two-minute [My Dental Assessment](#).

### References:

<sup>1</sup>Oral Cancer; National Institutes of Health; July, 2018

<sup>2</sup>Smoking, Drinking and Oral Health; University of Connecticut; 2018

<sup>3</sup>Check Your Mouth; checkyourmouth.org; 2019