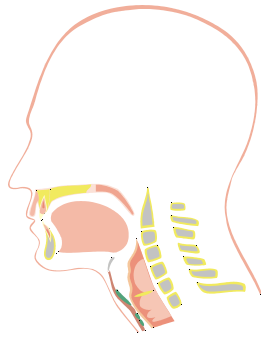


Controlling your risk: Mouth and Throat Cancer Facts



Mouth and throat cancers are often caused by tobacco or regular heavy use of alcohol. Chewing tobacco or smoking cigarettes, cigars or pipe tobacco cause most of these cancers.

Staying in the sun without wearing protection or smoking a pipe may cause **lip cancer**.

Your risk of mouth and throat cancer goes up if you

- Are older than 60.
- Are male.
- Chew tobacco.
- Smoke tobacco.
- Are female and often drink more than 7 alcoholic beverages a week.
- Are male and often drink more than 14 alcoholic beverages a week.
- Regularly use both tobacco and alcohol.
- Have leukoplakia (white patches in your mouth).
- Have erythroplakia (red patches in your mouth).
- Have chronic, severe esophageal reflux.



Have your dentist or medical provider examine your mouth every year.

Cancer symptoms might include...

- Sores on lip or in mouth that do not heal.
- Lumps in the lip, mouth, or throat.
- White or red patches on the gums or tongue.
- Bleeding, pain or numbness in the mouth or throat.
- Trouble chewing or swallowing.
- Swelling in the jaw.
- Hoarseness.
- Ear pain.
- Unexplained weight loss

These changes can occur in many conditions and do not always mean cancer. If you have any of these, ask your medical provider to see you soon.

Lifestyle matters!



- If you use tobacco, quit as soon as possible.



- Avoid binge drinking. Drink alcohol in moderation. Limit servings to ...
1 or fewer daily for women.
2 or fewer daily for men.