

Preventing Oral Cancer

According to the American Dental Association, over 25% of oral cancers occur in people who **do not smoke and have no other risk factors**.

Oral cancer is one of the most curable diseases **when it's caught early**.

However, oral cancers can be very aggressive if not caught early.

That's why a simple exam has been developed using technology that has been proven successful in identifying precancerous abnormalities. It's called the Vizilite exam, and it's particularly important for patients with increased risk factors for oral cancer. So, how can you reduce your risk of oral cancer?

- Know if you are at risk
- Know the signs and symptoms of oral cancer
- Avoid tobacco and excessive alcohol use
- Tell your health care provider about your risk factors
- Have a comprehensive oral cancer screening at least once a year

Would you skip your mammogram, pap smear, or prostate exam?

Of course not. And your oral cancer screening is just as important.

Ask your dental caregiver at your next appointment.