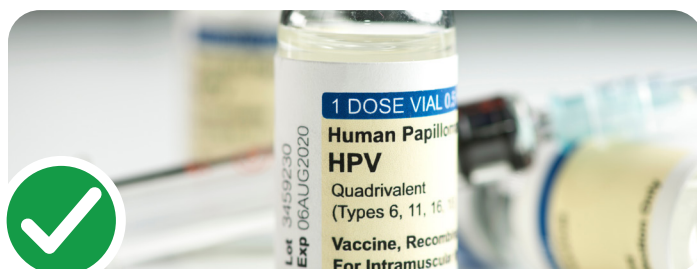


Oral & Oropharyngeal Cancer Awareness: Get the Facts!



How much do you know about oral and oropharyngeal (back of mouth) cancer? Knowledge is power. Take the test and learn how you can reduce your risk for these cancers. (circle true or false)

1. Seventy percent (70%) of oropharyngeal cancers are transmitted by the human papillomavirus (HPV), mainly through sexual contact. **True | False**
2. The majority of HPV infections have no noticeable symptoms. **True | False**
3. Combining alcohol consumption with the use of tobacco or vaping products in any form does not elevate oral or oropharyngeal cancer risk. **True | False**
4. Cancer in the oropharynx (back of the mouth) is on the rise in younger male populations who smoke cigarettes and consume alcohol. **True | False**
5. The HPV vaccine can prevent over 90% of all future HPV-attributable cancers. **True | False**



Scoring:

<2 correct: Minimal awareness. It's time to learn more about how to reduce your risk.

2-3 correct: Moderate awareness. There is room to expand your knowledge on how to reduce your risk.

4-5 correct: High awareness. Congratulations on being well informed on how to reduce your risk.

Answers: 5. T, 4. F, 3. F, 2. T, 1. T

For further information, please visit dentalhygienecanada.ca/oralcancer, oralcancerfoundation.org, and checkyourmouth.org



checkyourmouth.org



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dentalhygienecanada.ca/oralcancer



oralcancerfoundation.org

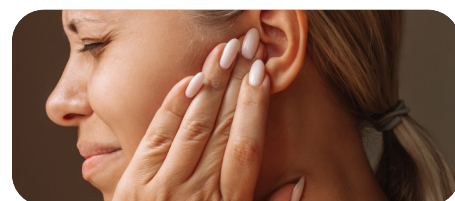
Oral & Oropharyngeal Cancer Awareness: Get the Facts!

DID YOU KNOW?

- There are three times as many cases of oral and oropharyngeal cancer compared to cervical cancer and three times as many deaths every year.
- The culprit is the human papillomavirus (HPV), transmitted mainly through sexual contact. Every sexually active adult will have one or more infections in their lifetime. You may be unaware of an infection as the virus often has no noticeable signs or symptoms. The virus may lay dormant for years; most people will clear it naturally.
- The fastest growing profile is sexually active males in the 35- to 55-year- age range who often do not smoke or have any typical risk factors. Males are most at risk, 4 to 1 over females.
- The HPV vaccination can be effective for those who have had a previous infection or may be older. Ask your health care professional if HPV vaccination is right for you.
- The combination of alcohol and smoking increases oral and oropharyngeal cancer risk 5-fold; heavy smoking and alcohol use carries a 30x higher risk.

REDUCE YOUR RISK

- Ninety-two percent (92%) of HPV-attributable cancers can be prevented by the HPV vaccine. Consider getting the HPV vaccine before becoming sexually active.
- Limit your number of sexual partners to reduce the risk of an HPV infection.
- Stop using tobacco or vaping products and follow current guidelines for safe alcohol consumption.
- Avoid combining tobacco and alcohol use.
- Eat a well-balanced diet with recommended servings of fruits and vegetables.
- Avoid unprotected exposure to the sun.
- Schedule regular dental hygiene appointments that include oral cancer screenings.
- Perform regular oral self-examinations between dental hygiene appointments.



WHAT TO LOOK FOR

- Anything new or different that persists or does not heal within 14 days such as:
 - Red or white patch in the mouth
 - Lump or thickening of tissue in the mouth, neck or face
 - Sore in the mouth, including under a denture or an appliance, that bleeds easily or doesn't heal
- Numbness or tingling in the mouth or face
- Persistent earache in only one ear
- Sore throat, cough or infection that persists or recurs
- Hoarseness or change in speech
- Pain or difficulty swallowing, speaking, chewing or moving the jaw or tongue
- Wart-like masses inside the mouth
- Lump in the throat or feeling like something is caught in the throat



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