



# Get the Facts About Oral Cancer

Oral cancer is a serious condition. While prevalent, myths about the disease are common. **Get the facts to these four top myths.**



**Myth:** Oral cancer is rare.

**Fact:** Nearly 50,000 Americans are diagnosed with oral cancer every year.



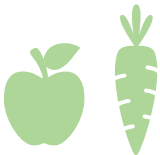
**Myth:** Young people don't need to worry about it.

**Fact:** It is true that oral cancer risk increases after age 50. But its occurrence is becoming more prevalent among young people, likely due to a link between the cancer and the human papillomavirus (HPV).



**Myth:** It only affects smokers.

**Fact:** Both nicotine and tobacco use are major risk factors for oral cancer. But other risk factors play a part, including alcohol use, HPV and genetics.



**Myth:** I can't do anything to prevent it.

**Fact:** Quitting smoking, avoiding alcohol, and eating more veggies all lower your risk of oral cancer. Use lip balm with SPF30 or more when you go outside, and practice safe sex to reduce your risk of getting HPV.

**The good news:** Early detection is critical, and your dentist is up to the job. He or she will examine you for oral cancer during a normal dental exam. The screening is non-invasive and is conducted at no additional cost to you.

Ask your dentist for an oral cancer screening today!



**The Power of Smile™**  
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[DeltaDentalMN.org](http://DeltaDentalMN.org)