



## Risk Factors for Oral Cancer

- ✓ Cigarettes, cigars, spit tobacco & pipes
- ✓ Alcohol
- ✓ Sunlight
- ✓ Lack of fruits and vegetables
- ✓ Exposure to Human Papillomavirus (HPV)

# Open Wide



## Look Inside

A painless, two-minute exam is the key to finding oral cancer early.

Ask your dentist or health care provider for an oral cancer exam at your next visit.

**It Could Save Your Life.**



Maryland's

1-800



QUIT NOW

[SmokingStopsHere.com](http://SmokingStopsHere.com)

Prevention and Health Promotion Administration  
Office of Oral Health

Larry Hogan, Governor \* Boyd Rutherford, Lt. Governor \* Robert Neall, Secretary

For more information about oral cancer programs in your area, contact your local health department.



## Preventing Oral Cancer

- ✓ Stop smoking
- ✓ Limit alcohol use
- ✓ Use lip balm with SPF 15 or higher
- ✓ Eat a diet rich in fruit & vegetables
- ✓ Vaccinate boys and girls beginning at age 11 or 12 against the Human Papillomavirus (HPV)