
KNOW MORE ABOUT CANCER



*Comprehensive Cancer Control
Program, NCD Unit*

COMPREHENSIVE CANCER CONTROL PROGRAM

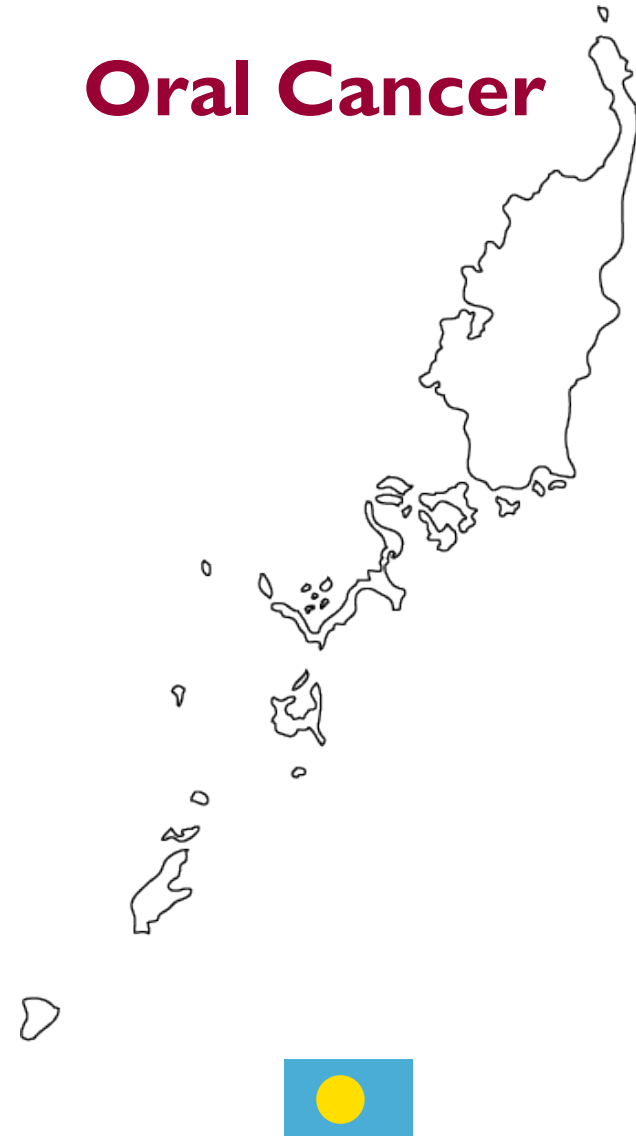
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“Healthy People in a Healthful Environment”

Oral Cancer



Understanding Oral Cancer



Oral cancer can form in any part of the mouth, lip or throat (back of the mouth) area.



Cancer develops when cells grow out of control forming a mass called a tumor. There are many kinds of cancer and they can grow anywhere in the body including the oral cavity.

Cancer in Palau

- ◆ Oral Cancer is the 4th most common cancer in Palau.

Symptoms

Please **see a doctor** if you have any of these **signs or symptoms**.

- ◆ Skin lumps, swelling or ulcers on the tongue, lip or mouth area
- ◆ Patches inside your mouth or lips, including: red, white or dark patches
- ◆ Bleeding in the mouth
- ◆ Numbness, loss of feeling or pain in the mouth, face or neck area
- ◆ Problems with chewing or swallowing
- ◆ Sores on your lip or in your mouth that don't heal within 2 weeks
- ◆ Difficulty wearing dentures

Risk Factors

The following risk factors can cause oral cancer:

- ◆ Tobacco Use - Chewing and smoking
- ◆ Betel nut chewing
- ◆ Excessive alcohol use
- ◆ HPV infections
- ◆ Lack of fruits and vegetables
- ◆ Previous history of oral cancer.

Prevention

- ◆ Stop using tobacco products
- ◆ Cut back on alcohol consumption
- ◆ Stop using Betel nut
- ◆ Regular brushing and flossing of teeth
- ◆ See a dentist once a year
- ◆ Look for changes in the mouth
- ◆ Get an Oral Health Screening

Call the **Tobacco Control Program at **488-8118** for information on how to quit tobacco use.*