

Know the potential signs of oral cancer.



Oral cancer is the term used for cancer that affects the inside of your mouth. It can look like common problems with your lips and mouth, but with potential cancer, the problems don't go away.*

Learn the facts about mouth and throat cancer

- Oral cancer mainly affects adults age 40 and older.**
- Regular dental care and check-ups are an excellent way to monitor for oral cancers.**
- Men are more likely than women to develop oral cancer.*

Get screened at your dental check-up

Your dentist will look for suspicious spots and feel for lumps in and around your mouth. This may include the roof of your mouth, inside your cheeks, under your tongue and other areas of the head and neck.

Take a closer look

Common signs of oral cancer include sores on your lip or inside your mouth that bleed easily and don't heal within two weeks.* That's why it's important to get symptoms checked out by your dentist.

Some dentists are using a newer oral brush biopsy procedure to help detect cancerous and precancerous cells. This procedure is easy and can be done in the dentist's chair to help determine if follow-up is needed.*

Signs to act on if they persist longer than two weeks:*

- A flat white or red patch anywhere in your mouth
- Lip or mouth sore
- A growth or lump inside your mouth or neck
- Discomfort with swallowing

 Visit your dentist regularly for routine preventive care, which can help find and treat cancers of the mouth and throat.

Not all preventive services are covered, including athletic mouth guards. Refer to the policy for a complete list of covered and non-covered preventive services. Frequency limitations apply.

* Cleveland Clinic. "Oral Cancer." <https://my.clevelandclinic.org/health/diseases/11184-oral-cancer>. Page last reviewed: January 27, 2022.

** Edwards, Jennifer. "6 Steps to Preventing Oral Cancer." Healthline. <https://www.healthline.com/health/oral-cancer/how-to-prevent-oral-cancer#dental-checkups>. Last reviewed October 2023.

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