



Reducing Your Risk of Oral Cancer



Early recognition and treatment can help maintain ideal health. A dentist may be the first to discover potentially cancerous growths and can recommend the best course of action.



1. Avoid human papillomavirus (HPV) infection.

The risk of getting oral cancer from HPV is increased in those who have oral sex and multiple partners.



2. Limit smoking and drinking.

The longer you smoke the greater the odds are for getting cancer. And the longer and more you drink, the less you will be able to defend against cancer.



3. Eat a healthy diet.

A poor diet has been linked to oral cancer. A diet that emphasizes plant foods, whole grains, and more fish, poultry, and beans, instead of processed and red meats, is best.



4. Be sure to see a dentist and doctor for checkups.

Maintaining regular checkups is one of the best ways to maintain good health.

www.amerihealthcaritas.com

Source:

American Cancer Society, "Can Oral Cavity and Oropharyngeal Cancers Be Prevented?"
<https://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer/causes-risks-prevention/prevention.html>.

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