

Have You Been Checked? It Only Takes 2 Minutes!

You can accomplish a lot of tasks in two minutes – check your email, pay a bill online, maybe even save your smile, and your life! Brushing your teeth for two minutes with fluoride toothpaste, twice a day can save your smile. Taking the time for a painless two minute oral cancer exam during a regular medical or dental check-up can save your life.

According to the CDC, 75-85% of individuals diagnosed with oral cancer use tobacco products of some kind. Quitting the use of all tobacco products significantly reduces the risk of developing oral cancer. The Maryland Tobacco Quitline is a free service provided by the Department of Health and Mental Hygiene (DHMH) to help people quit using tobacco products. Call 1-800-QUIT-NOW ([1-800-784-8669](tel:1-800-784-8669)) for free telephone-based counseling, support and tips to help you quit for good, or visit www.quitnow.net/maryland.

Being infected with a certain type of Human Papillomavirus (HPV), especially HPV type 16, increases the risk of oral cancer. HPV infection is spread mainly through sexual contact. Almost all sexually active people will get HPV at some time in their lives, though most will never even know it. HPV vaccination to prevent HPV infection, is recommended for preteen girls and boys at age 11 or 12; it is also recommended for girls (ages 13 through 26) and boys (ages 13 through 21) who have not yet been vaccinated.

Oral cancer is highly preventable if the correct steps are taken. Every year ask your dental or medical provider for an oral cancer exam. Even if you wear dentures, you should have your mouth and surrounding head and neck region examined once a year to check for oral cancer. If you use tobacco products, drink alcohol, have been exposed to HPV, or spend a lot of time in the sun, you should be sure to have a yearly oral cancer exam.

Remember, early detection is important. Ask your dental or medical provider for an oral cancer exam and get checked today! For more information, please visit the Office of Oral Health's website at <http://phpa.dhmh.maryland.gov/oralhealth/>, the Health Department's website: calverthealth.org/personalhealth/healthyliving/oralcancer.htm, or visit our display in the lobby at 975 Solomons Island Road North in Prince Frederick, during the month of April.