Things to look for and talk to your dentist or doctor about:

• A sore on the lip or in the mouth that does not heal
• A lump on the lip or in the mouth or throat
• A white or red patch on the gums, tongue, or lining of the mouth
• Unusual bleeding, pain, or numbness in the mouth
• A sore throat that does not go away, or a feeling that something is caught in the throat
• Difficulty or pain with chewing or swallowing
• Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
• One tonsil larger than the other
• A change in the voice
• Pain in the ear

For more information contact:

Native Hawaiian Health Care System
Moloka‘i  Nā Pu‘u‘wai (808) 560-3653
O‘ahu  Ke Ola Mamo (808) 845-3388
Hawai‘i  Hui Mālama Ola Nā ‘Owī (808) 969-9220
Kaua‘i  Ho‘ōla Lāhui (808) 240-0100
Ni‘ihau  Hui No Ke Ola Pono (808) 244-4647
Lāna‘i  Ke Ola Hou O Lāna‘i (808) 565-7204

Cancer 1-800-4-CANCER
Information (1-800-422-6237)
Service  www.cancer.gov
American Cancer Society 1-800-227-2345
www.cancer.org
You can prevent oral cancer if you quit smoking or chewing tobacco.

- Quitting will immediately improve your body’s circulation and return blood pressure to a normal level.
- By avoiding tobacco products, you will also prevent lung cancer death and heart disease.
- Using lip balm that has sunscreen can also help to prevent oral cancer.

Facts:

- Cigarettes, chewing tobacco, and alcohol are the major causes of oral cancer.
- 80 - 90% of oral cancers may be prevented by avoiding the use of tobacco products.
- Men have a higher risk than women.

What Causes Oral Cancer?

- Chewing tobacco
- Smoking cigarettes
- Smoking cigars and pipes
- Smoking marijuana (pakalōlō)
- Sun exposure to the lips

Early detection means a better chance for cure!

- A dentist or doctor can do screening for oral cancer during a dental or physical exam.

Let’s Quit

1. Get Ready
   - Set a quit date.
   - Throw away cigarettes, ashtrays, chewing tobacco.
   - Talk to your doctor about options on how to quit.

2. Get support
   - Talk to your family.
   - Talk to your friends.
   - Talk to your health care provider and get counseling.
   - Call The Hawai‘i Tobacco Quitline 1-800-QUIT-NOW (1-800-784-8669).

3. Change Your Routine
   - Participate in healthy activities to distract yourself from urges.
   - Eat a healthy diet.
   - Drink lots of water, at least 8 cups a day
   - Avoid alcoholic beverages.
   - Go to places where people don’t smoke or chew tobacco—movies, library, mall, museum, church, etc.

4. Expect Mood Changes—Your body has to re-adjust from the nicotine addiction.

5. Keep Trying—it normally takes 4 - 7 tries before a smoker finally quits!