

## Oral Cancer Fact Sheet

### Prevalence

- An estimated 35,000 new cases of oral cancer will be diagnosed each year.
- Oral cancer will claim 7,600 lives annually.
- On average, 60 percent of those with the disease will survive more than five years.
- Oral cancer affects almost twice as many men as women.

### Risk Factors

- An estimated 25% of oral cancer patients have no known risk factors.
- Alcohol and tobacco remain the greatest risk factors (and using them in combination increases the risk 15 times over the use of one or the other);
- Infection with the sexually transmitted HPV16 virus has been linked to a subset of oral cancers.
- Historically, oral cancer has been a disease of those ages 40+, but its incidence in those under 40 has been climbing.
- Prolonged sun or tanning bed exposure is a risk factor for lip cancer.
- Smokeless tobacco is not a safe alternative to cigarettes – users face a 400% greater chance of oral cancer than non-users.

### Possible Signs and Symptoms

- While you may have no symptoms at all, you should see your oral and maxillofacial surgeon or dentist if you experience any of the following:
  - A sore on the lip or in the mouth that does not heal
  - A lump or thickening on the lips or gums or in the mouth
  - A white or red patch on the gums, tongue, tonsils or lining of the mouth
  - Bleeding, pain or numbness in the lip or mouth
  - Change in voice
  - Loose teeth or dentures that no longer fit well
  - Trouble chewing or swallowing or moving the tongue or jaw
  - Swelling of the jaw
  - Sore throat or feeling that something is caught in the throat

### Early Detection

- Performing a self-examination regularly increases the chance of identifying changes or new growths early.
- If you have risk factors, also see your oral and maxillofacial surgeon or dentist for an oral examination at least annually.
- The earlier the cancer is detected, the easier the treatment and the greater the chance of a cure.

*Source: National Cancer Institute, National Institutes of Health*



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For more information, visit [aaoms.org](http://aaoms.org).

To find an oral and maxillofacial surgeon in your community, visit the “Find a Surgeon” database at [aaoms.org](http://aaoms.org), or call the American Association of Oral and Maxillofacial Surgeons at 800/822-6637.