

# Assessment for James Goodfellow

## Oral Cancer



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### Exam Information

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## Oral Cancer and You.

Am I at risk?

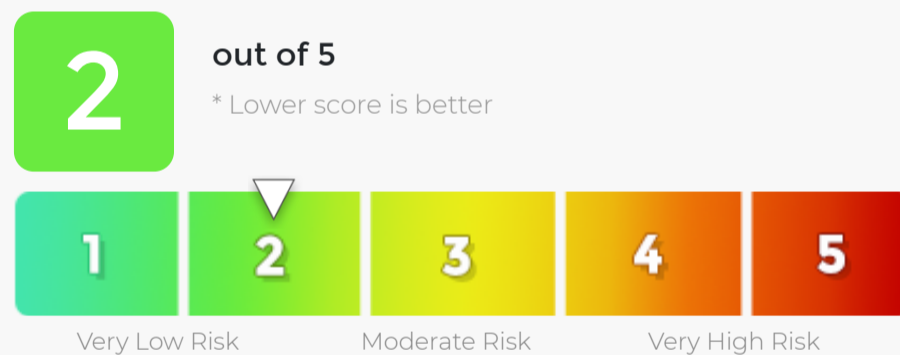
Anyone can get oral cancer. The most common factors for oral cancer are:

- Over 40 years of age
- Use of any type of tobacco product
- Regularly drink alcohol
- Exposure to the HPV virus

How do I reduce my risk?

Lifestyle factors like tobacco, alcohol use and poor dental hygiene can be managed with a subsequent reduction in the risk of mouth cancer. In addition, recent research has indicated that exposure to the HPV 16 virus that can be sexually transmitted is a significant risk factor for oral cancer, and may be responsible for the increasing incidence of mouth cancers in younger populations.

### Oral Cancer Risk Score



The oral cancer risk score describes the probability of developing mouth cancer as a result of your individual risk factors. These can include inherited factors as well as lifestyle factors.

### Options you should consider:

#### Restrict or eliminate tobacco use



Tobacco use of any kind (e.g. cigarettes, cigars, pipe or chewing tobacco) increases the risk of developing oral cancer. It is thought that chemicals in tobacco can damage the soft tissue of the mouth and this damage can lead to cancer. If you use tobacco and drink alcohol, the combinations of these activities can increase your risk of developing mouth cancer by up to 40 times when compared to those who neither smoke nor drink alcohol. If you wish to quit smoking and need help, your dental professional can advise you on effective strategies that may include drugs specifically designed to help people quit tobacco use, or counseling to help manage addiction.

## Reduce alcohol use



The degree to which alcohol use can increase your risk of oral cancer is determined by how much and how frequent you drink. If you drink more than three alcoholic beverages a week, your risk will increase slightly. If you drink two or more alcoholic beverages daily, your risk is significantly increased.

## What Can I Do?



### Your participation is very important.

The most common behaviors that influence health and treatment success are oral hygiene, nutrition, and smoking. You may receive advise, including resources for you to change to health-promoting behaviors.



### Visit the Dentist more frequently.

Regular visits to the dentist to detect disease in the early stages can prevent more complex and expensive treatment. Better still are regular visits for preventative care targeted to your risk factors.



### When to seek help

If you notice a red or white patch, ulcer, lump, or pain in your mouth that lasts longer than three weeks, it is a good idea to point this out as soon as possible to your dental professional. Don't put this off. The longer you wait the more complex and expensive the treatment can become, and if the problem is cancer, the worse your outcome may be.

Your Clinical Access Code: FFHMCX4EJT

## Additional Resources

There are many public resources available if you have questions about oral cancer, quitting tobacco, or limiting your alcohol consumption. Here are just a few:

### Smoke Free Living

[smokefree.gov](http://smokefree.gov)

### Oral Cancer Foundation

[www.oralcancerfoundation.org](http://www.oralcancerfoundation.org)

### National Cancer Institute

[www.cancer.gov/cancertopics/types/oral](http://www.cancer.gov/cancertopics/types/oral)

### American Cancer Society

[www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer.html](http://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer.html)