

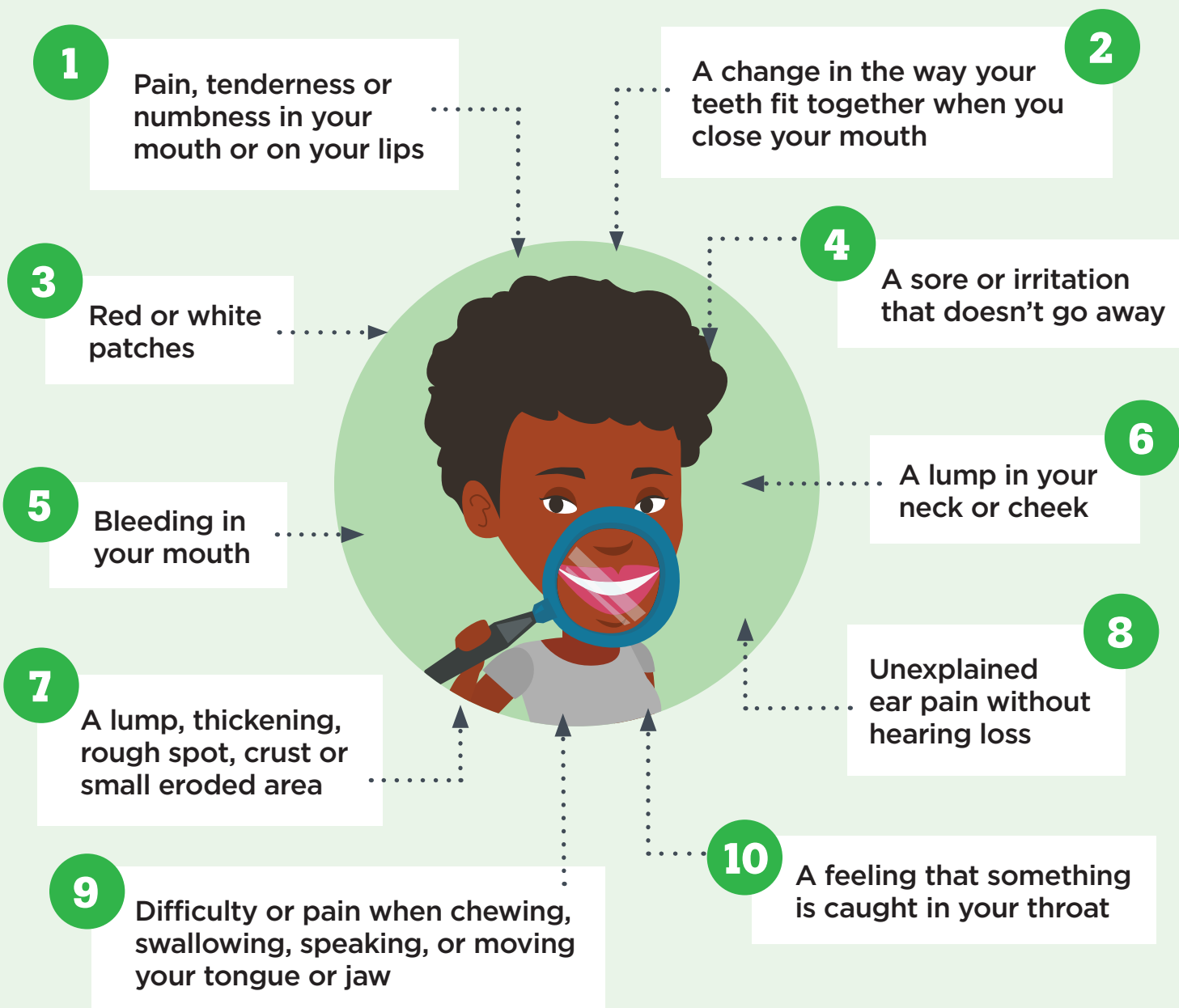
# THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

April is Oral Cancer Awareness Month

## Don't Ignore These 10 Signs of Oral Cancer

More than 10,000 people lose their lives to oral cancer every year. Early detection at home or during a dental exam can save your life. Be aware of the following mouth symptoms and see your dentist if they do not disappear after two weeks.



## How your dentist can help

Dental checkups can be an effective way to catch oral cancer early. They are also covered at little to no cost under most dental plans. Even if you don't have any symptoms, make sure to schedule regular checkups.

During your checkup, tell your dentist about any symptoms you are experiencing. Your dentist will check your mouth and throat and feel your jaw and neck for any lumps or abnormalities.



### Know the facts about prevention

Certain strains of human papillomavirus (HPV) cause 70% of oropharyngeal cancers in the U.S., affecting about 11,600 each year.

The HPV vaccine is cancer prevention. Download our fact sheet to learn more.

[GET YOUR GUIDE TO THE HPV VACCINE](#)

