



## ORAL CANCER

### **1. Guidelines for Screening**

#### **Risk factors:**

- Smoking
- Smokeless (chewing) tobacco
- Alcohol
- Poor oral hygiene
- Human papilloma virus (HPV-16) infection
  - Co-factor: marihuana smoking
  - Co-factor: Number of oral sex partners
- Oral leukoplakia
- Oral lichen planus
- Family history of oral cancer
- Open mouth kissing

#### **Screening recommendation:**

Annual oral cancer examination by a dentist

### **2. Cancer Prevention**

- Avoidance of smoking (smoking cessation program))
- Limit alcohol intake
- Vaccination of boys and girls with Gardasil™
- Avoid HPV infection by use of condoms during oral sex
- Smoking cessation programs