

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‘uwai (808) 560-3653
O‘ahu	Ke Ola Mamo (808) 845-3388
Hawai‘i	Hui Mālama Ola Nā ‘Ōiwi (808) 969-9220
Kaua‘i, Ni‘ihau	Ho‘ōla Lāhui (808) 240-0100
Maui	Hui No Ke Ola Pono (808) 244-4647
Lāna‘i	Ke Ola Hou O Lāna‘i (808) 565-7204

Cancer Information Service 1-800-4-CANCER
(1-800-422-6237)
www.cancer.gov

American Cancer Society 1-800-227-2345
www.cancer.org



Halehuki circa 1940

‘Imi Hale
Native Hawaiian Cancer Network
A Program of Papa Ola Lōkahi

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Protect Yourself from Cancers of the Mouth



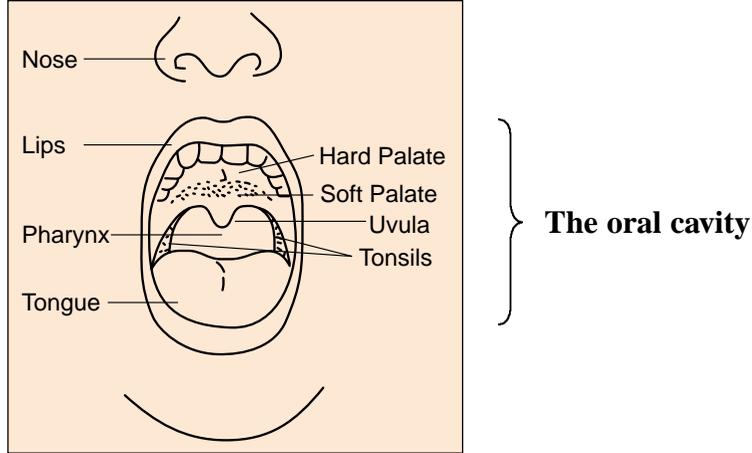
“I’d rather give up smoking than time with my ‘ohana.”

Melvin Pu‘u and family
Makaha, O‘ahu

Endorsed by ‘Ahahui o nā Kauka
Native Hawaiian Physicians Association

NATIVE HAWAIIAN CANCER AWARENESS SERIES

Oral cancer is cancer of the mouth (oral cavity) or the lips.



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



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.



“My friend quit smoking because I quit. He said, if you can do it, I can do it.”

—Walter Victor
Hamakua Coast

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!