

Did you know?

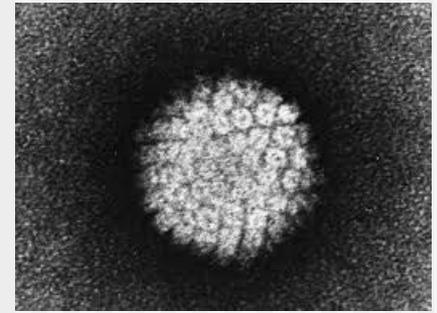
- The human papilloma virus (HPV) can cause oral cancer?



What is the Human Papilloma Virus? (HPV)

- HPV is the most common sexually transmitted virus and infection in the US.
- **There are 200 different strains of HPV. Out of these 9 strains are known to cause cancer.**
- You can have HPV without even knowing it and your immune response can clear it.
- **Everyday in the US, about 12,000 people age 15-24 are infected with HPV.**

HPV and Oral cancer



- HPV is the leading cause of oropharyngeal cancers (the back of the mouth and throat)
- **White, nonsmoking males in their 30s and 40s are most at risk 4:1 over females.**
- Some strains of HPV cause lesions primarily at the base of the tongue, back of the throat, and the tonsil region.

Risk Factors of HPV

1.
 - Number of sexual partners
 - Weakened immune system



Oral Cancer Signs and Symptoms

- An ulcer or sore that does not heal within 2-3 weeks
- **Difficult or painful swallowing**
- A persistent sore throat or hoarse voice
- **A swelling or lump in the throat**
- A painless lump felt on the outside of the neck present at least 2 weeks
- **Constant coughing**
- An earache on one side which persists more than a few days

How common is HPV?

- The CDC estimates that there are 2.6 million new infections each year in the US.



Is there a cure for HPV?

- There is no cure
- *Most of the time HPV goes away on its own within 2 years and does not cause health problems.*
- Most people who have HPV do NOT develop cancer

HPV Vaccines



- **Gardasil and Cervarix protect against strains of HPV known to cause cervical cancer**
- National Advisory Committee on Immunization Practices recommends routine HPV vaccinations for girls and women ages 11-26
- **The Gardasil vaccine has been approved for boys and men ages 9-26**

Faces of Oral Cancer



Eva (age 33) Stage IV Tongue Cancer Non-smoker

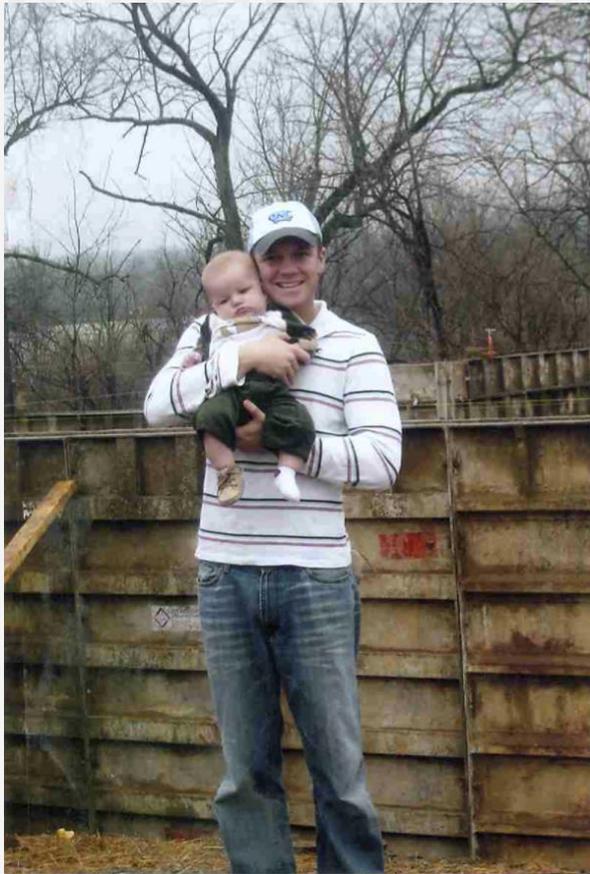
Symptoms: Non-healing sore on tongue. Eventually ear pain

Treatment: Glossectomy of 1/3 of tongue, neck dissection, radiation

The painful lesion was biopsied at age 31. A general pathologist missed the dysplastic cells. During the next 2 years, the tissue over the biopsy site was changing, but the dentist failed to recognize the early signs. When the sore returned, Eva was treated for trauma and “biting the tongue” for nine months. Then Eva had radical surgery and maximum radiation. This is a photo of Eva on the last day of radiation treatment.

www.sixstepscreening.org/oral-cancer/thefaceoforalcancer

Jeremy age 30



Symptoms: persistent sore tongue

Treatment: surgery, chemo,
radiation

Delay in treatment: One year

Jeremy's sore was not recognized by his dentist. It became increasingly painful, affecting his ability to talk and swallow. He was diagnosed by ENT October 2007 and lost 75% of tongue in surgery November 2008. He was 32 years old when he passed away. Father of 2 boys, and an incredible athlete! Wonderful talent in working with people. Truly a caring, giving, loving and special person who is greatly missed by many.

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Pat (age 58) Stage III Non-smoker Lived to witness daughters wedding



Symptoms: ill-fitting dentures w/ pain, irritated gums, headaches, eventually earaches

My mom visited the dentist shortly before my wedding about ill fitting dentures and pain. A couple months after my first anniversary, she was diagnosed. Three weeks after surgery, the cancer returned. She lived only 6 months after her diagnosis. No one in our family knew anything about oral cancer or that it even existed.

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Ken (age43) Stage IV Throat Cancer HPV+



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Symptoms: Sore throat for over a year, difficulty swallowing.

Treatment: Radiation and chemo

Delay in Diagnosis: 1 year

Ken saw an ENT w/ his symptoms 6 times during one year. They did swallow studies and finally decided to shave the lingual tonsils. It was then they decided to do another biopsy. The tumor was huge by then. Radiation and chemo did not get all the cancer. On his 44th birthday it was confirmed the cancer was still there. Seven months after the diagnosis, he was scheduled for surgery to remove the tongue and voice box. The day before the surgery, his carotid artery ruptured and my dear husband passed away while waiting for the ambulance. Our daughter was only 14 months old when she lost her father. I believe that if we pushed for more after the initial biopsy or gotten a second opinion, he would still be here.

Faces of cancer slides:

www.sixstepscreening.org/oral-cancer/thefaceoforalcancer

Michael Douglas

1. Michael Douglas thrust the health risk to international attention by disclosing his 2010 bout with cancer was caused by a strain of HPV transmitted through oral sex.



Photo courtesy cbsnews.com

Roger Ebert

Roger suffered complications from surgery to treat the cancer that had spread to the salivary gland. Esquire published a full-page photo of the film critic, who no longer has a lower jaw.

Ebert spent little time feeling sorry for himself: "If we think we have physical imperfections, obsessing about them is only destructive. Low self-esteem involves imagining the worst that other people can think about you. That means they're living upstairs in the rent-free room," he wrote on his blog after the photo published.

While Ebert cannot speak, he continues to lambaste bad movies online.

Photo courtesy cnn.com



Great news!!!

Early-stage oral cancer is often painless and goes undetected

Every dental checkup should include a **SIX-step screening**

If you're not getting it ... *ask for it!*

Get informed ... www.sixstepscreening.org

SIX-step screening
BEST PRACTICE IN ORAL CARE

- Tongue In Gape
- Lip & Cheek Roll
- Double Digit Probe
- Palate Flick
- Neck Exam
- Visual Exam

All dental hygienists at Lakeshore Dental perform oral cancer screenings at each preventative visit

