**BLOG – Oral Cancer Awareness Month: Types of Oral Cancer\_v2**

Regional Cancer Care Associates (Central Jersey)

Oral Cancer Awareness Month: Types of Oral Cancer

**Keyword**

Oral cancer

**Target Web Page:**

<http://centraljerseyrcca.com/services/chemotherapy/>

**Description Tag** (144 characters):

April is Oral Cancer Awareness Month. Learn about the different types of oral cancer and how to reduce your risk. Contact us today at 888-824-8312.

**Title Tag / Headline**: Oral Cancer Awareness Month: Types of Oral Cancer

What do talking, laughing, eating and kissing all have in common? Each requires a healthy mouth. Keeping your teeth, gums, and lips healthy with regular brushing and flossing can reduce your risk of halitosis (bad breath), tooth decay, gum disease and oral cancer.

If you’re not visiting your dentist for regular check-ups and cleanings, you could be putting your health at risk. The doctors at Regional Cancer Care Associates want to remind you how important good oral hygiene is for your overall health during Oral Cancer Awareness Month and all year long.

 **What is oral cancer?**

Oral cancer can develop in any part of the mouth including the lips, cheeks, gums, teeth or tongue and may require [chemotherapy](http://centraljerseyrcca.com/services/chemotherapy/) treatment. If left untreated, oral cancer can be life threatening. Common symptoms of oral cancer are a persistent sore that will not heal, a lump, or a white or red patch on the inside of the mouth.

**Types of oral cancers**

Here are the different types of oral cancers:

* **Squamous cell cancer**
This type of oral cancer begins in the flat, skin-like (squamous) cells on the inside of the mouth, nose, larynx and throat
* **Salivary gland cancer**
This type of cancer begins in the salivary glands that are found throughout the lining of the mouth. While it is more common for lumps in this area to be noncancerous, cancers can develop.
* **Adenoid cystic tumor**
This is a rare type of tumor found in the salivary glands or mouth. It usually develops from the glandular tissue found in the parotid gland. These glands are found directly in front of each ear.
* **Lymphoma**
This type of cancer begins in the tonsils and base of the tongue. Painless swelling of a lymph node is the most common sign of lymphoma.
* **Melanoma**
Melanomas develop from the same pigment producing cells that give you a suntan. They are most commonly found on the surface of the skin, however they can also develop on the lips, or inside the nose or mouth.

**How can I reduce my risk?**

As with any disease or illness, early detection is vital to successful treatment. We’ve gathered a few tips to help you protect your oral health:

* Avoid tobacco products
* Brush and floss after meals
* Visit your dental hygienist twice yearly
* Boost your immune system with regular physical activity
* Use a sunscreen on your lips

Did you know poor oral hygiene has been linked to more than just oral cancer? Atherosclerosis, or hardening of the arteries is also a growing concern. Atherosclerosis occurs when arterial fat (fat, cholesterol, calcium, and scar tissue) develops as a plaque in the artery wall. Plaque in the mouth is a bacterial film that builds up on the teeth. While these two types of plaque are different, people suffering from gum disease have been shown to be twice as likely to suffer heart disease.

To learn more about Regional Cancer Care Associates’ Central Jersey Division and how we combine our expertise and passion to help you live your best life, [schedule an appointment](http://centraljerseyrcca.com/contact-us/) today. We are dedicated to your health and wellness.

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