



## **Oral Cancer Awareness Month 30 Sec PSA**

April is Oral Cancer Awareness Month, and believe it or not, oral cancer affects more Alabamians than you might think.

Fortunately, there are ways you can protect yourself and your family from oral cancer like vaccinating yourself and your children against HPV, moderating or stopping tobacco use, and regularly checking your mouth for unusual sores, swelling, and areas of red or white lesions.

In addition, you can ask your dental provider to screen for oral cancers.

For more information, visit our website at [Alabama-Public-Health-dot-gov-slash-oral-health](http://Alabama-Public-Health-dot-gov-slash-oral-health).

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