

HARRISBURG, Pennsylvania (April 26, 2017) — As part of its commitment to educating customers on oral wellness, United Concordia Dental encourages adults of all ages to know the risk factors and symptoms of oral cancer.

“People don’t normally talk about oral cancer, but knowing what to look for and how to prevent it is important,” said Quinn Dufurrena, D.D.S., J.D., chief dental officer at United Concordia. “Those with high risk habits, such as smoking, drinking heavily or neglecting nutrition, increase their likelihood of developing oral cancer. The good news is that these habits can be curbed and dentists, when visited regularly, can detect early signs of oral cancer.”

To help spread awareness about the risks, symptoms and prevention methods, United Concordia has created an [oral cancer infographic](#) that includes information such as: oral cancer is twice as common in men as women; the average age of diagnosis is 62; using tobacco and alcohol, especially the heavy use of both combined, greatly increases one’s risk of developing oral cancer; and some oral cancer cases have been linked to the Human Papilloma Virus (HPV), UV light exposure or poor diet.

Adults should see their dentist regularly for checkups and maintain proper dental habits at home, which include brushing, flossing, rinsing and self-checks of the mouth. Individuals who experience any of the following oral cancer symptoms for more than two weeks should contact their dentist right away:

- Mouth sore that will not heal
- Chronic sore throat
- Lump in the cheek or neck
- Mouth pain, tingling or numbness
- Swelling of the jaw

To learn more about oral cancer and other conditions impacting oral health, [visit United Concordia’s Dental Health Center](#) at [UnitedConcordia.com](http://UnitedConcordia.com).

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