

HealthyBy Choice

...One Day at a Time

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Oral Cancer Awareness Month

Close to 49,750 Americans will be diagnosed with oral oropharyngeal cancer this year. It will cause over 9,750 deaths, killing roughly 1 person per hour, 24 hours per day.

We need to be aware of risk factors and eliminate them when possible and do self-exams to catch it early.

When it comes to your health, your mouth is one of your body's most important early warning systems. Don't ignore any suspicious lumps or sores. If you discover something, don't panic. Make an appointment for a prompt examination. Early treatment may well be the key to complete recovery.

Risk Factors include:

- Tobacco – smoking cigarettes, pipes, cigars, snuff, chew, or smokeless tobacco
- Alcohol – especially when you use tobacco at the same time
- Exposure to HPV – Human Papillomavirus (HPV16) which is sexually transmitted –both males and females
- Other conditions that promote oral cancer include physical trauma, infectious disease, poor oral hygiene, and poor nutrition.

See your oral and maxillofacial surgeon right away if you have any of these signs.



Perform a self-exam monthly using a bright light and a mirror:

- Remove any dentures
- Look and feel inside the lips and the front of gums
- Tilt head back to inspect and feel the roof of your mouth
- Pull the cheek out to see its inside surface as well as the back of the gums
- Pull out your tongue and look at all of its surfaces
- Feel for lumps or enlarged lymph nodes (glands) in both sides of the neck including under the lower jaw

Look for:

- White patches, called leukoplakia
- Red patches (erythroplakia)
- Red and white patches (erythroleukoplakia)
- Sore(s) that fails to heal and bleeds easily
- Abnormal lumps or thickening of the tissues
- Chronic sore throat or hoarseness
- Difficulty in chewing or swallowing
- A mass or lump in the neck



Listen To Your Mouth!



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National Distracted Driving Awareness Month

Distracted Driving Is a Growing and Deadly Threat

Too many drivers are ignoring their responsibilities behind the wheel.

According to the National Highway Traffic Safety Administration, 3,477 people were killed and an estimated 391,000 injured in motor vehicle crashes involving distracted drivers in 2015. That is a 9 -percent increase in fatalities as compared to the previous year.

Law Enforcement Officers will be stepping up enforcement to catch distracted drivers from April 6 to April 10, 2017, as part of the **U Drive. U Text. U Pay.** campaign, a national high-visibility effort to enforce distracted-driving laws.

According to NHTSA, 10 percent of fatal crashes, 15 percent of injury crashes, and 14 percent of all police-reported motor vehicle crashes in 2015 were reported as distraction-affected crashes.

Texting while driving has become an especially problematic trend among millennials. According to NHTSA, young drivers, 16 to 24 years old, have been observed using handheld electronic devices while driving at higher rates than older drivers since 2007. Nine percent of all drivers, 15 to 19 years old, involved in fatal crashes were reported as being distracted at the time of the crashes in 2015. This age group has the largest proportion of drivers who were distracted at the time of fatal crashes.

Handheld cellphone use while driving is highest among 16 to 24 year old drivers, but female drivers 15 to 39 years old are most at-risk for being involved in a fatal crash involving a distracted driver. Female drivers with a cell phone have been more likely to be involved in fatal distracted driving crashes as compared to male drivers every year since 2011.

Put Your Phone Away or Get Ready to Pay.

- Don't follow the pack, **be a leader**. When you get behind the wheel, be an example to your family and friends by putting your phone away.
- In 46 States, Washington, DC, Puerto Rico, Guam and the U.S. Virgin Islands, texting while driving is an **illegal, ticketable offense**.
- **Speak up**. If your friends text while driving, tell them to stop. Listen to your passengers; if they catch you texting while driving, and tell you to put your phone away, put it down.
- No one likes to be called out by a friend for doing something wrong, but it's even worse to get caught by law enforcement and end up paying a fine.
- Remember, when you get behind the wheel, put your phone away.

Texting while driving is dangerous, and getting caught can be expensive and embarrassing. Save face, your money, and maybe save a life—your text message can wait.

U Drive. U Text. U Pay.



No Texting...No Talking...No Exceptions

