



## Oral cancer screenings

ODS covers oral cancer screenings because maintaining a healthy mouth is critical to maintaining a healthy body.



### A HEALTHY SMILE

Because many serious medical problems are connected to oral health, maintaining a healthy mouth is critical to maintaining a healthy body.

In addition to routine oral cancer exams, ODS now covers ViziLite Plus TBlue and brush biopsy, two non-surgical screenings designed to aid in the early detection of abnormal cells in the mouth.

### EARLY DETECTION SAVES LIVES

When oral cancer is not detected and treated in its early stages, the morbidity rate is high, treatment can be devastating and the associated medical costs average \$200,000. Unlike other cancers, the mortality rate of oral cancer has not decreased significantly in the past 30 years, primarily because of late detection. When oral cancer is caught early, five-year survival rates improve from 54 percent to 81 percent.

### DENTAL APPOINTMENTS

Regular appointments with your dental provider will help keep you and your mouth healthy. To find a dentist, please visit [www.odskompanies.com](http://www.odskompanies.com) and click on Find Care.

### ORAL CANCER RISK FACTORS

Your risk for oral cancer increases if you:

- › Smoke cigarettes or use smokeless tobacco
- › Drink alcohol excessively
- › Overexpose yourself to the sun
- › Are a male over age 40
- › Have a family history of oral cancer



Log on to myODS to manage your benefits and access helpful tools and resources by visiting [www.odskompanies.com](http://www.odskompanies.com).

*Dental insurance products provided by Oregon Dental Service.*