

## CLIFTON HEALTH DEPARTMENT

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900 Clifton Avenue  
Clifton, NJ 07013



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# Clifton Health Department to Offer Free Oral Cancer Screening

## For Immediate Release

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The Clifton Health Department will be offering a FREE Oral Cancer Screening for residents of Clifton and Little Falls on **Wednesday, April 4, 2018 from 10am-12pm** at the **Clifton Health Department**, located at 900 Clifton Avenue, 2<sup>nd</sup> Floor. Dr. Dena Constandelis, DMD, will be conducting the screening and will be seeing patients by appointment only. Please call Barbara Luzniak, BSN, RN, at 973-470-5776 to make your appointment. An examination of the lips, gums, mouth, and throat for sores, lumps, and other early warning signs of oral cancer will be conducted during this screening. Anyone who has ever used tobacco and/or alcohol, or anyone 20 years of age and older are strongly encouraged to sign up for this screening.

Oral cancer affects the lips, tongue, mouth, and throat. It impacts nearly 30,000 people each year, claiming the lives of about 8,000 individuals annually. It is approximately twice as common in men as in women and the likelihood of developing oral cancer increases with age. The major risk factors for oral cancer are tobacco use and alcohol abuse, which account for about 75% of all oral and pharyngeal cancers in the United States. Your risk for oral cancer also depends on how much tobacco or alcohol is consumed; heavy smokers who smoke more than one pack of cigarettes a day are 24 times more likely to develop oral cancer than people who do not smoke.

Signs and symptoms for oral cancer include a mouth sore that doesn't heal, a white or reddish patch on the inside of your mouth, loose teeth, poorly fitting dentures, tongue pain, jaw pain or stiffness, difficult or painful chewing or swallowing, sore throat, a feeling that something is caught in your throat, weight loss, and constant bad breath.

Although the majority of oral cancers occur in individuals 62 years of age and older, an increasing number of people are being diagnosed with the disease. In its earliest, most treatable stages, oral cancer may be painless and go unnoticed. An oral cancer exam can help detect oral cancer in its earliest stages when treatment will be most effective. In addition to oral cancer screening, other tips for improving your oral health and preventing oral cancer are to minimize or avoid smoking or other tobacco use, minimize or avoid alcohol use, practice good oral hygiene, and have dental problems corrected as soon as possible.

*The Clifton Health Department is a contractual health agency serving the Township of Little Falls.*

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