



Blood Donor Awareness Month

Get screened for oral cancer

Did you know that going to the dentist could save your life? It's true because your dentist can see the first signs of oral cancer with an exam or brush biopsy.

Your risk for oral cancer increases if you:

- > Smoke cigarettes or use smokeless tobacco
- > Drink alcohol excessively
- > Get too much sun exposure
- > Are a man over 40
- > Have a family history of oral cancer

Source: American Dental Association

Give blood

According to the American Red Cross, every two seconds someone in the U.S. needs blood. When you give blood, you help save lives.

Donating is simple, and takes about one hour.

Warning signs:

- > First, you will schedule an appointment to give by visiting the American Red Cross at redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767) to find a donation site. You will register to become a donor.
- > Then, you will have a mini physical.
- > Next, someone will draw your blood. It will feel like a fast pinch! The blood draw lasts only about 8-10 minutes.
- > After it's over, you will rest for about 10-15 minutes while enjoying refreshments.
- > Lastly, you can leave, satisfied that you just helped save lives!

Source: redcross.org

Trivia time:

When oral cancer is caught early, the rate of people who survive longer than five years improves from 54 percent to 81 percent. True or false?

Answer: True!