



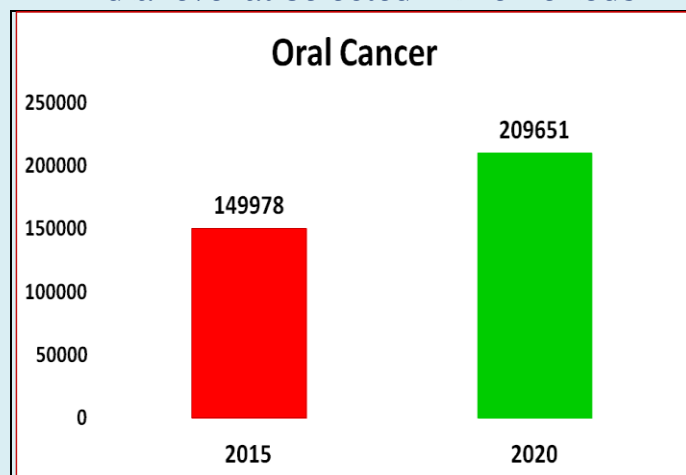
20th March 2018 is World Oral Health Day

Practice Good Oral Hygiene

- Brush the teeth and gums at least twice a day.
- Floss the teeth daily.
- Use toothpaste and mouthwash products that contain fluoride.
- Limit sugary foods and drinks.
- Avoid smoking cigarettes, chewing tobacco products, drinking alcohol and soda.
- Eat a well-balanced diet for optimum nutrition.



Projected Oral Cancer Cases India level at Selected Time Periods

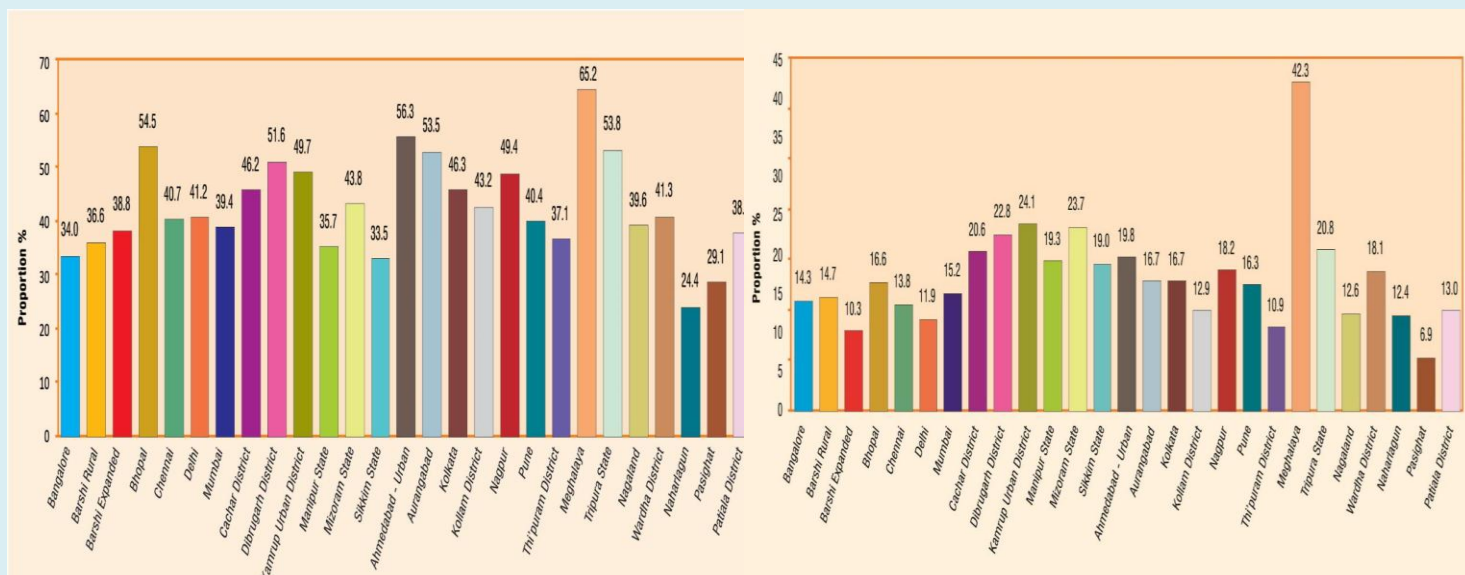


Ref: Three-year Report of the PBCRs: 2012-2014, Bengaluru, 2016

Relative proportion of sites of cancer associated with the use of tobacco to all cancers

Males

Females



Ref: Three-year Report of the PBCRs: 2012-2014, Bengaluru, 2016

The sites of cancers that are associated to tobacco related cancers are (IARC)

- Lip
- Tongue
- Mouth
- Pharynx

- Oesophagus
- Larynx
- Lung
- Urinary Bladder