



It's a harmless spot now.

Don't let it become oral cancer.

See your dentist regularly for a thorough oral exam.

A brush test of spots seen during your exam can help detect precancerous cells, years before oral cancer can even start.

- Most people will have tiny white or red spots in their mouth at one time or another.
- Although the vast majority of these spots do not contain unhealthy cells, your dentist may recommend further testing.
- Even if a lab identifies abnormal cells, they can then typically be removed – years before they can harm you.



ADA American Dental Association®
America's leading advocate for oral health