



IARC Handbooks of Cancer Prevention
Oral cancer prevention, Volume 19 (2023)

Prevention strategy	
Cessation of exposure to risk factor	Strength of evidence
Tobacco smoking	<i>Sufficient</i>
Use of smokeless tobacco	<i>Inadequate</i>
Use of areca nut (including betel quid) with or without tobacco	<i>Sufficient</i>
Alcohol consumption	<i>Sufficient</i>
Interventions for smokeless tobacco cessation	
	Strength of evidence
Behavioural interventions ^a	Adults: <i>Sufficient</i> Youth: <i>Limited</i>
Pharmacological interventions ^b	<i>Limited</i>
Combined behavioural and pharmacological interventions ^a	<i>Limited</i>
Screening strategy	
	Evaluation
Clinical oral examination in high-risk populations	<i>Group B^c</i>

^a The evaluation applies to cessation of use of smokeless tobacco.

^b The evaluation applies to cessation of use of smokeless tobacco and areca nut with tobacco.

^c The evaluation applies to *mortality* from oral cancer.