

## YOURHEALTH: Reason to quit smoking, drinking

Written by Administrator

Monday, 14 September 2009 14:39 -

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If you are a high tobacco user or drink alcohol, you are at high risk of oral cancer. ANNIE FREEDA CRUEZ finds out that many Malaysians die because they seek treatment late

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IF you smoke, don't. If you drink, you might want to cut down on the alcohol. Medical experts say a person has a higher risk of oral cancer if he or she smokes and drinks.

Smoking is tobacco usage, and it includes cigars, pipes, chewing tobacco and taking snuff. Smoking bidi and kretek may also increase the risk.