

We are supporting



**Mouth
Cancer
Action**

Oral Health Foundation

A stylized, semi-transparent graphic of a human mouth with teeth, rendered in shades of blue, serves as the background for the text.

Be Mouthaware

#mouthcanceraction



Be Mouthaware

and look out for the signs and symptoms of mouth cancer

As mouth cancer can strike in a number of places, including the lips, tongue, gums and cheek, it's extremely important that we all know what to look out for.

Ulcers which do not heal within three weeks

Red & white patches in the mouth

Lumps or swellings in the mouth or head & neck area

If in doubt get checked out!



Early detection is crucial. If any of these signs are noticed, please tell your dentist or doctor immediately.



Mouth cancer can affect anybody and it's important that we all know what to look out for. Early detection could save your life. If you notice any changes in your mouth please speak to a dentist or doctor immediately.

Find out more at www.mouthcancer.org

THE 45 SECOND CHECK THAT COULD SAVE YOUR LIFE

At the Oral Health Foundation, we are dedicated to raising awareness of mouth cancer. It's a disease which has increased by almost 40% in the last decade, with no signs of slowing down.

During every check-up, a dental professional will visually examine a patient for signs of mouth cancer but there's a simple, routine and short check you can also do at home. Follow these seven steps to check yourself for mouth cancer.

Head and Neck: Look at the face and neck. Do both sides look the same? Look for any lumps, bumps or swellings that are only on one side of the face.

Neck: Feel and press along the sides and front of the patient's neck. Can you feel any tenderness or lumps?

Lips: Pull down the lower lip and look inside for any sores or change in colour. Next, use your thumb and forefinger to feel the lip for lumps, bumps or changes in texture. Repeat this on the upper lip.

Cheek: Use your finger to pull out the cheek so that you can see inside. Look for red, white or dark patches. Put your index finger inside the cheek and your thumb on the outside. Gently squeeze and roll the cheek to check for any lumps, tenderness or ulcers. Repeat on the other cheek.

Roof of the Mouth: Tilt back the patients head and open their mouth wide to see if there are any lumps or if there is any change in colour. Run your finger on the roof of the mouth to feel for any lumps.

Tongue: Get your patient to stick out their tongue and look at the surface for any changes in colour or texture. Gently pull out the tongue holding it with a piece of gauze and look at one side first, then the other side. Look for any swelling, change in colour or ulcers. Examine the underside of the tongue by asking the patient to place the tip of their tongue on the roof of the mouth.

Floor of the mouth: Look at the floor of the mouth for changes in colour that are different TH from normal. Gently press your finger along the floor of their mouth and underside of the tongue to feel for any lumps, swellings or ulcers.

November is Mouth Cancer Action Month - a dedicated month-long campaign to raise awareness of mouth cancer. Look out for the campaign guide in September's edition of The Probe magazine and a free copy of the official poster (see right) in October's issue.

Are you aware of mouth cancer risk factors?



www.mouthcancer.org



Be Mouthaware

and check for changes
in the mouth

CHEEK

Look out for red, white or dark patches. Put your index finger inside the cheek & your thumb on the outside. Squeeze the cheek to check for any lumps, tenderness or ulcers.

HEAD & NECK

Do both sides look the same? Look for any lumps or swellings that are only on one side of the face.

LIPS

Pull down the lower lip & look for any sores or change in colour. Use your thumb & index finger to feel the lip for lumps or changes in texture.

TONGUE

Look for any changes in colour or texture of the surface. Check the sides for any swellings or changes in colour or ulcers. Examine the underside.

MOUTH

Run your finger on the roof of the mouth to feel for any lumps. Repeat on the floor of the mouth.

NECK

Feel & press along the front & sides of the neck. Can you feel any lumps?

Be Mouthaware

Mouth Cancer Risk Factors

Tobacco



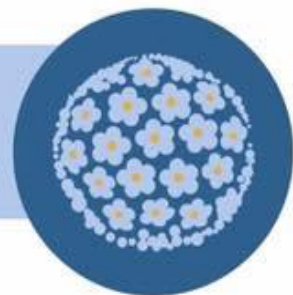
Alcohol



Diet



HPV
(The Human Papillomavirus)



Chewing or
smokeless
tobacco



Environment



Smokers are three times more likely than non-smokers to develop mouth cancer and seven times more likely to be diagnosed with throat cancer

#mouthcanceraction

If in doubt, get checked out by your dentist



www.mouthcancer.org



Drinking alcohol to excess is a major risk factor linked with mouth cancer and is associated with around a third of all cases

#mouthcanceraction

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Many experts believe the Human papillomavirus (HPV) will overtake tobacco use as the main cause of mouth cancer in the next decade

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New Government Alcohol Guidelines for Men & Women

You shouldn't regularly drink more than 14 units per week

This means that you shouldn't drink more than this amount of wine



... or this amount of lager or ale



... or this amount of cider



... or this amount of spirits



Drinking alcohol to excess is linked with mouth cancer and the risk greatly increases for those who drink and smoke. It is very important that you visit the dentist regularly for an oral health check.

Find out more at www.mouthcancer.org



get checked out



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