

Mouth Cancer

...it could be you!

www.mouthcancerfoundation.org



Cancer can occur in any part of the mouth, tongue, lips and throat. Mouth cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma. 1 person dies every 5 hours from mouth cancers and the mortality rate is just over 50% because of late detection.

Visit your dentist or doctor at once if you notice any abnormal problems or are not sure.

For more information, visit the Mouth Cancer Foundation website www.mouthcancerfoundation.org and its online support group. Contact us for fundraising, donations, t-shirts, wristbands and more. Mouth Cancer Foundation, PO Box 498, Wakefield WF1 9AW.

Reduce the risks by:

1. Not smoking or chewing tobacco, gutkha/pan
2. Drinking less alcohol
3. Having a healthier "low meat, low fat" diet, rich in vegetables and fruit

NOTE: 25% of cases have no associated high risk factors!

Top 10 symptoms

1. A sore or ulcer in the mouth that does not heal within 3 weeks
2. A lump or overgrowth of tissue anywhere in the mouth
3. A white or red patch on the gums, tongue, or lining of the mouth
4. Difficulty in swallowing, chewing or moving the jaw or tongue
5. Numbness of the tongue or other area of the mouth
6. A feeling that something is caught in the throat
7. A chronic sore throat or hoarseness that persists more than 6 weeks
8. Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
9. Neck swelling present for more than 3 weeks
10. Unexplained tooth mobility persisting for more than 3 weeks