

Mouth Cancer

kills 1 person every 3 hours

www.mouthcancerfoundation.org



MOUTH CANCER can occur in any part of the mouth, tongue, lips, and adjacent areas like the throat, salivary glands, pharynx, larynx, sinus, and other sites in the head and neck area. Mouth cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma. 1 person dies every 3 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 help with awareness and fundraising. We are happy to provide leaflets, posters, pin-badges, t-shirts, wristbands and other promotional material.

Mouth Cancer Foundation, PO Box 498, Wakefield WF1 9AW

Call the Helpline on 01924 950 950 to request a chat with a patient survivor or trained counsellor.

Reduce your 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
4. Refraining from oral sex

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

Mouth Cancer kills one person every 3 hours in the UK because of late detection!

Top 8 symptoms

1. An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks.
2. A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
3. A difficulty in swallowing, chewing or moving the tongue or jaw.
4. A swelling of the jaw that causes dentures to fit poorly or become uncomfortable.
5. A 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. An unexplained loosening of teeth with no obvious dental cause.

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