



Mouth Cancer

It accounts for **3** in every hundred cancers, so it could affect you. It is increasingly common in people over the age of 40 years. Treatment results are very good if it is detected early but **late detection can have fatal consequences.**

WHAT TO LOOK FOR:

Any red patch, white patch or ulcer which has not gone within 2 weeks.

THINGS ASSOCIATED WITH MOUTH CANCER.

- ◇ Smoking
- ◇ High alcohol consumption
- ◇ Sharp rough edges on teeth or dentures
- ◇ Too much sun

THE COMMON PLACES

- ◇ Sides of the tongue / Under the tongue
- ◇ Floor of the mouth / Roof of the mouth
- ◇ The lips

HOW TO LOOK FOR IT

- ◇ Check all the soft tissues in your mouth regularly

WHAT TO DO ABOUT IT

- ◇ If you have a red or white patch or ulcer in your mouth that has not gone within 2 weeks see your dentist or doctor immediately.
- ◇ A soft tissue screening by your dentist is recommended annually for all adults
- ◇ Smoking cessation and moderation in alcohol consumption
- ◇ Using a high UV factor sunscreen.