Mouth Cancer Awareness

Know the Signs. Save a Life.

What is Mouth Cancer?

Mouth cancer can develop on the lips, tongue, cheeks, floor of the mouth, roof of the mouth, gums, or throat. When detected early, treatment is often more successful.

Who is at Risk?

You may be at a higher risk if you:

- Smoke or use tobacco products.
- Drink alcohol regularly, especially when combined with smoking.
- Have been exposed to the Human Papillomavirus (HPV).
- Spend long periods in the sun without lip protection.
- Have a poor diet lacking in fruit and vegetables.
- Are over the age of 40 (although mouth cancer can affect people of any age).

Know the Warning Signs

If you notice any of the following lasting **more than three weeks**, arrange an appointment with your dentist or GP:

- A mouth ulcer that does not heal.
- Red, white, or mixed red-and-white patches in the mouth.
- A lump or swelling in the mouth, jaw, or neck.
- Persistent pain or numbness in the mouth.
- Difficulty chewing, swallowing, or speaking.
- A sore throat or hoarse voice that doesn't improve.
- Loose teeth without an obvious cause.

Early detection saves lives.

How Can You Reduce Your Risk?

✓ Stop smoking or using tobacco.
✓ Reduce your alcohol intake.

✓ Eat a healthy, balanced diet rich in fruit and vegetables.
✓ Protect your lips with SPF lip balm in the sun.
✓ Attend regular dental check-ups.
✓ Check your mouth once a month.

How to Check Your Mouth

Once a month, in front of a mirror:

- Look at your lips and gums.
- Check your tongue (top, sides, and underneath).
- Look inside your cheeks.
- Check the roof and floor of your mouth.
- Feel your neck for any unusual lumps or swellings.

If something doesn't look or feel right and lasts longer than **three weeks**, seek professional advice.

Your Dentist Can Help

During every routine dental examination, we also check for signs of mouth cancer. These checks are quick, painless, and could save your life.

If you have any concerns, please speak to a member of our dental team. We are here to help.

Remember

Early detection can make all the difference.

Don't ignore the signs – if in doubt, get checked.