

Facts about...

# MOUTH CANCER



## The **2 minute** do it yourself self-examination that could save your life!



All you need is a **mirror**, a **good light source** and **clean fingers**.

### Check yourself once a month using our simple **2 minute** self check guide.

**1. FACE** - Look for swellings you have not noticed before and inspect your skin. Turn your head from side to side, stretching the skin over the muscles making lumps easier to see.

**2. NECK** - Run your fingers under your jaw and feel either side of your neck. Are there any swellings?

**3. LIPS** - Pull your upper lip upwards and bottom lip downwards. Look inside for any sores or changes in colour.

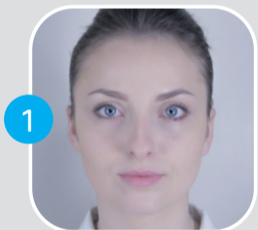
**4. GUMS** - Examine your gums feeling around the gum for anything unusual.

**5. CHEEKS** - Open your mouth and pull your cheek away one side at a time. Look for any red or white patches. Check for ulcers, lumps or tenderness.

**6. TONGUE** - Gently pull out your tongue and examine one side then the other. Look for swellings, ulcers or changes in colour. Examine the underside of your tongue.

### EARLY DETECTION IS KEY!

**7. FLOOR AND ROOF OF MOUTH** - Tilt your head back and open your mouth. Then lift your tongue up and look at the floor of the mouth. Observing changes in colour, ulcers or swellings.



## What is Mouth Cancer

This is the general term given to the variety of malignant tumours that develop in the mouth, (oral cavity). The Mouth Cancer Foundation promotes awareness of all head and neck cancers i.e. throat (pharynx), voice box (larynx), salivary glands, nose, nasal, sinuses, lips and skin.

## Symptoms

- An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks.
- A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- Difficulty swallowing, chewing or moving the jaw or tongue.
- Numbness of tongue or other area of the mouth.
- A feeling that something is caught in the throat.
- A chronic sore throat or hoarseness that persists more than 6 weeks.
- Unexplained loosening of teeth.

## Risk Factors

- Tobacco use is the main cause of mouth cancer.
- Drinking alcohol to excess can increase risks four fold.
- Drinking and smoking together can make mouth cancer up to 30 times more likely to develop.
- Poor diet and social deprivation is linked to a third of all cancer cases.
- The Human Papilloma Virus (HPV), transmitted through oral sex, could overtake tobacco and alcohol as the main risk factor within the next decade.
- Exposure to the sun is a cause of skin cancer which can affect the lips and face.

## Facts About Mouth Cancer

1 person every **3 HOURS** is lost to Mouth cancer

Over **8700** new cases in the UK each year

Each year **2700+** lives are lost to Mouth Cancer

Worldwide Mouth Cancer affects **650,000** per year

Mouth Cancer is **TWICE** as common in men

78% of cases occur in the **Over 55** age group

Incidence has risen by **49%** over the past 10 years

5 year **SURVIVAL** rate has hardly improved in last few decades

To make a donation or for **FREE** information visit [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org)

Advice Line: 01924 950 950 • Head Office +44 (0) 208 940 5680  
Alternatively you can email [info@mouthcancerfoundation.org](mailto:info@mouthcancerfoundation.org)

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