

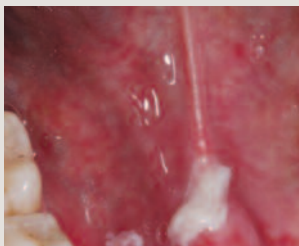
FIND MOUTH CANCER EARLY – EARLY DETECTION CAN SAVE YOUR LIFE

What are the risk factors for mouth cancer?

- Smoking cigarettes, cigars, pipes or marijuana
- Chewing smokeless tobacco, paan, gutka or quid
- Drinking alcohol and products containing alcohol
- Exposure to human papillomavirus (HPV)
(tonsil and throat cancer)
- Overexposure to the sun (lip cancer)

CHECK YOUR MOUTH REGULARLY

White patch that cannot
be rubbed off.



Ulcer.



What are the symptoms of mouth cancer?

- A sore or ulcer in the mouth that does not heal
- White or red patches inside the mouth
- A lump in the mouth or neck
- Thickening or hardening of the cheek or tongue
- Difficulty chewing, swallowing or moving the tongue
- Numbness of the tongue or face
- Persistent sore throat or hoarseness
- Unexplained loose teeth

If you have any of these symptoms for
more than three weeks, have them
checked by your dentist or doctor.

EARLY DETECTION GREATLY IMPROVES YOUR CHANCES OF SUCCESSFUL TREATMENT

FURTHER INFORMATION

IRISH CANCER SOCIETY

1800 200 700 www.cancer.ie

NATIONAL SMOKERS' QUITLINE

1800 201 203 www.quit.ie

ALCOHOL ACTION IRELAND

01-878 0610 www.alcoholireland.ie

DUBLIN DENTAL UNIVERSITY HOSPITAL

01-612 7391 www.dentalhospital.ie

CORK UNIVERSITY DENTAL SCHOOL AND HOSPITAL

021-490 1100 www.ucc.ie/en/dentalschool

MOUTH CANCER FOUNDATION

www.mouthcancerfoundation.org

DENTAL HEALTH FOUNDATION

01-672 8870 www.dentalhealth.ie

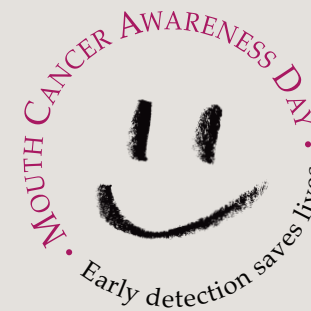
IRISH DENTAL ASSOCIATION

01-295 0072 www.dentist.ie

Sponsored by the Molar Strollers, Dublin Dental University Hospital
Thanks to Dr E. Naessens for advice and Mr H. Glass for images.



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**WATCH
YOUR MOUTH!**

SMART MOUTH CARE

WHY SHOULD I “WATCH MY MOUTH”?

Over 700 people are diagnosed with mouth, head and neck cancer in Ireland every year.

While it mainly affects men and older people, the number of women and younger people being diagnosed is rising.

Mouth, head and neck cancer can affect your lips, gums, cheeks, tongue, palate, tonsil, throat (oropharynx), salivary glands, sinuses, nose and voice box (larynx).

SELF EXAMINATION TO DETECT MOUTH CANCER?

- Visit your dentist for a check-up every year – even if you do not have any remaining teeth.
- Be mouth cancer aware – check your mouth with six simple steps.

Stand in front of a mirror with good light and look at, and feel gently all round, your mouth.

- 1 Check your gums and inside the top and bottom lips.



- 2 Check inside the cheeks – right and left sides.



- 3 Open your mouth wide. Look at the roof of your mouth and the tonsils at the back of your mouth.



- 4 Stick out your tongue and check it: top and both sides, right and left (use a tissue to hold slippery tip).



- 5 Lift your tongue to the roof of your mouth and use your finger to feel the floor of your mouth underneath and at each side of the tongue.



- 6 Check your lips, and finally, feel your neck for recent change.

If you notice recent changes like an ulcer or white patch, or feel a hard lump, take this seriously and get advice from your dentist or GP.