

CASTLE DENTAL CARE

We'll take care of you

Our Mission Statement:

“Our aim is to deliver the highest standard of care in a comfortable and friendly environment”.

BDA Good Practice
Member

First Floor
Tangmere Square,
Castle Vale,
Birmingham.
B35 6DL

Tel: 0121 747 6539
www.castledentalcare.org.uk

Opening Hours

Monday 9am - 5.30 pm
Tuesday 9am - 5.30 pm
Wednesday 8.30am - 5.00pm
Thursday 8.30am - 5.00pm
Friday 8.30am - 4.30 pm

Wheelchair access available



Leaflet Reviewed and Revised 06/10/16

MOUTH CANCER

“REDUCE YOUR RISK”



Mouth Cancer, sometimes called oral cancer, can affect the lips, tongue, cheeks and throat.

Every year in the UK, there are 4,000 new cases identified, and 1,700 deaths.

Mouth cancer is particularly associated with people over 40 who smoke and/or drink alcohol. However, younger people can fall victim to the disease.

What is cancer of the mouth?

It is a malignant growth which can occur in any part of the mouth.

What are the signs of mouth cancer?

Mouth cancers appear as a painless mouth ulcer that does not heal normally. Less often, however, a red or white patch in the mouth may develop into a cancer.

Am I at risk from mouth cancer?

Anyone can be affected by mouth cancer, whether they have their own teeth or not. Smoking, or chewing tobacco (or betel quid/pan/gutkha). Greatly increases your risk of mouth cancer. Heavy drinking is also a risk. If you do both, chances of getting mouth cancer are much greater. This cancer is more likely to occur in people aged over 40 years. Also it is more common in men than women.

How can cancer of the mouth be detected early?

Mouth cancer can often be spotted early during its early stages by your dentist. If it is recognised early then the chances of a cure is good..

Reduce your risk of mouth cancer

Check your mouth for any unusual changes. An unusual red or white patch, sore or lump on the gums or tongue, that does not heal within two weeks.

Report unusual signs and symptoms to your dentist without delay.

Visit your dentist regularly—at least once a year.

Tobacco

The best thing is to stop smoking or chewing tobacco completely. Help is available—talk to your doctor or call the NHS helpline

111

Nicotine replacement products help many people to quit. You can buy them at your local chemist, or ask your doctor if you can have them on prescription.

Alcohol

Keep within the safe limits for alcohol—no more than 2-3 units a day for women and men.

There is increasing evidence that the HPV Virus can cause some cases of mouth cancer.

Healthy eating

Eat at least five portions of fruit and vegetables every day. Try to increase the amount of red, yellow and orange fruit, salads and green vegetables in your diet



Further information

Freephone helplines for people who want to stop smoking or chewing tobacco...

[NHS Direct 111](#)

If you want to talk in confidence about cancer, call **Cancer Research UK** Where information nurses will take your call

0808 800 4040

