Each year 4,300 people in the UK are diagnosed with mouth cancer.

For More information

These sites may be useful for support or more information. This should not replace a professional diagnosis. If you have concerns or suspicions that you may have mouth cancer then contact your Dentist or Doctor immediately.

Stop Smoking Service
Contact your doctor’s surgery to make an appointment about stopping smoking.
Your local contact is:

For information about smoking issues contact the NHS Smoking Helpline on 0800 169 0 169 or go to www.givingupsmoking.co.uk

Mouth Cancer Foundation
www.rdoc.org.uk/

Alcohol Problems Advisory Service
www.apas.org.uk/

NHS Direct
Call 0845 4647 or go to www.nhsdirect.nhs.uk

Cancer Research UK
www.cancerhelp.org.uk/

British Dental Health Foundation
Call 0845 063 1188
www.dentalhealth.org.uk/mouth/

Source: Adapted from the Oral Health Regional Forum, Ireland Mouth Cancer leaflet

Coventry and Warwickshire Mouth Cancer Co-ordination Group

Produced by Warwickshire Specialist Health Promotion Service on behalf of Coventry and Warwickshire Mouth Cancer Co-ordination Group, © 2005, updated 2006

How to reduce the risk of mouth cancer. The importance of early detection
One person in the UK dies every five hours from mouth cancer.

**Fact**

- Mouth Cancer is on the increase.
- Smoking causes three quarters of all Mouth Cancers.
- Heavy drinking of alcohol (spirits, beers, wines) raises the risk of Mouth Cancer.
- A combination of smoking and drinking alcohol further increases your risk.
- Mouth Cancer is affecting more young people.
- Many people do not ask for help until it is too late.

**Look out for the signs**

- Any ulcer on the lip, tongue or in the mouth which does not heal within two weeks.
- A white or red patch in the mouth.
- Any lump on the lip, mouth or throat.

**Lower your risk by:**

- Visiting your dentist as often as the practice recommends. If you do not have a regular dentist, your mouth should be checked every 12 months.
- Not smoking or chewing tobacco or betal quid.
- Limiting the amount of alcohol you drink.
- Eating a well balanced diet rich in fruit and vegetables.
- Using sunscreen regularly on your lips when outdoors.

**Who can help?**

- You can, by reducing your risk factors.
- Your dentist. Make an appointment if you are concerned.
- Your doctor, pharmacist or other professional can also offer help.