One person in the UK dies every five hours from mouth cancer.

A combination of smoking and drinking alcohol further increases your risk.

Smoking causes three quarters of all Mouth Cancers.

You should visit your dentist as often as the practice recommends. If you do not have a regular dentist, your mouth should be checked every 12 months.

Look for the Signs
A white or red patch or an ulcer on the lip, tongue or in the mouth which does not heal within two weeks.

NHS Direct - Call 0845 4647 or go to www.nhsdirect.nhs.uk
Heavy drinking of alcohol (spirits, beers, wines) raises the risk of Mouth Cancer.

Smoking, chewing tobacco or betel quid, increases your risk of developing Mouth Cancer.

Mouth Cancer is affecting more young people.

You should visit your dentist as often as the practice recommends. If you do not have a regular dentist, your mouth should be checked every 12 months.

Each year 4,300 people in the UK are diagnosed with Mouth Cancer.