Checking your mouth
From time to time, spend a few moments in front of the mirror looking in your mouth. Check your tongue, gums, lining of your cheeks, lips, under your tongue and the roof of your mouth. But remember your dentist can easily check the parts you cannot see.

Your dentist can help
Dentists have training to help them identify health problems in the mouth and are often the first to spot something unusual in their patients. As part of a regular examination, dentists check for the early warning signs of mouth cancer. If they notice anything unusual, they will refer patients to hospital for further tests.

If you are over 40, smoke, chew tobacco or betel nut or drink alcohol, ask your dentist to check your mouth once a year. It is important to visit the dentist regularly even if you no longer have your own teeth.

Further information
For more about the signs and symptoms of cancer visit spotcancerearly.com
For more about cancer visit our patient information website cruk.org/cancer-help
If you want to talk in confidence about cancer, call our information nurses on freephone 0808 800 4040.

Our health messages are based on scientific evidence. Find out more at cruk.org/health

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at cruk.org/leaflets

About Cancer Research UK
CRUK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we’re all here to save more lives and prevent, control and cure all cancers. If you would like to support our work, please call 0300 123 1861 or visit our website cruk.org
What reduces your risk?
Being a non-smoker
Smoking cigarettes, cigars or pipes can all increase the risk of mouth cancer. Smokers are three times more likely to develop mouth cancer than non-smokers.

Avoiding tobacco and betel nut
People who chew tobacco or betel nut are at higher risk of developing mouth cancer. If you smoke or chew tobacco or betel nut, the best thing you can do is to stop completely. Help is available – talk to your doctor, call Quitline on 0800 002200 or Asian Quitline on 0800 002288.

Cutting down on alcohol
The more you cut down on alcohol, the more you reduce your risk of mouth cancer. But there is limited risk if you only drink a little, such as one small drink a day for women or two small drinks a day for men.

For help and advice on how to reduce your drinking, visit drinkaware.co.uk or see your doctor.

People who use tobacco and drink a lot of alcohol have the highest risk of mouth cancer. Many mouth cancers are caused this way.

Eating healthily
Eating a diet which is high in fruit and vegetables may help to reduce the risk of mouth cancer. Try to eat at least five portions every day. Choosing a variety of different coloured fruits and vegetables will help you get a broad range of vitamins and minerals.

What affects your risk?
Age and gender
Mouth cancer is more common in men than women and is rare in people under 40.

HPV infection
Infection with HPV (human papillomavirus), a common sexually transmitted disease, can increase mouth cancer risk.

What should I look out for?
Look for the following changes. They may not be painful but you should still see your doctor or dentist if they last longer than three weeks.

Look out for:
• an ulcer or sore in your mouth or on your tongue
• a red or white patch in your mouth
• an unexplained pain in your mouth or ear.

Other signs to look out for are:
• an unexplained lump in your neck
• a sore or painful throat
• a croaky voice or difficulty swallowing.

Lumps and ulcers in the mouth are very common and usually get better on their own. But changes that last longer than three weeks could be serious and should be reported to your doctor or dentist without delay.

Early detection saves lives.

Mouth cancer facts
Mouth cancer can develop in any part of the mouth including the tongue, gums, tonsils, lining of the mouth, lips and upper part of the throat.

The early signs of mouth cancer can often be seen. When changes are found early, treatment is easier and is more likely to be successful.

This leaflet tells you about the changes to look out for and how you can reduce your risk of developing mouth cancer.