

## Health Advice

### What are the symptoms of oral (mouth) cancer?

Mouth cancer accounts for about 2 in every hundred cancers, so it could affect you. It is increasingly common in people over the age of 40 years. Treatment results are very good if it is detected early, but late detection can have serious and morbid consequences.

This type of cancer must be treated early to reduce the risk of developing further lesions.

### What should you look for?

Any red patch, white patch or ulcer which has not gone within 2 weeks.

### Things associated with mouth cancer

- Smoking/Tobacco use
- Alcohol
- Betel quid
- Too much sun
- Long-term irritation due to rough or broken teeth

### The most common sites

- The sides of the tongue
- Under the tongue
- The floor and roof of the mouth
- The lower lip

### How to check for it

- Check all the soft tissues in your mouth regularly
- See your dentist for regular check-ups

### What to do if you find any symptoms

If you have a red or white patch or ulcer in your mouth that has not gone within 2 weeks contact your dentist and ask for an urgent soft tissue examination.

A soft tissue screening by your dentist is recommended annually for all adults.