

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”.*



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

Tel: 08443878877  
[www.castledentalcare.org.uk](http://www.castledentalcare.org.uk)

Opening Hours

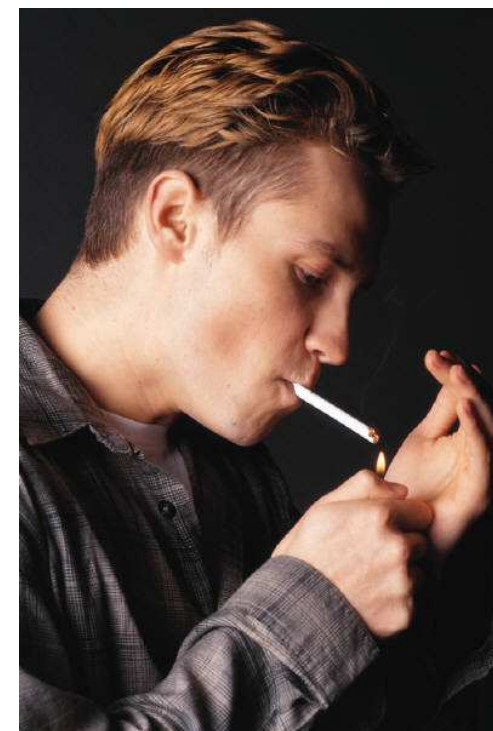
Monday 9am - 5.30 pm  
Tuesday 9am - 5.30 pm  
Wednesday 8.30am - 5.00pm  
Thursday 8.30am - 5.00pm  
Friday 8.30am - 4.30 pm

Wheelchair access available

Leaflet Revised 24/6/10

**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

**0800 169 0 169**

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 3-4 for men

### **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 0800 169 0 169](tel:08001690169)

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

Direct line: 020 7061 8355

