



ORAL CANCER

8 FACTS YOU MAY NOT KNOW ABOUT ORAL CANCER

1.

ORO-PHARANGEAL CANCER KILLS ROUGHLY **1 PERSON** PER EVERY HOUR



• Get regular health screenings •

2.

DEATH RATE FROM ORAL CANCER IS HIGHER THAN THAT FROM OTHER CANCERS LIKE CERVICAL OR BREAST CANCER



3.

ORAL CANCER IS **2 TIMES MORE** COMMON IN MEN THAN WOMEN



4.

PEOPLE WHO HAVE ORAL CANCERS HAVE **20 TIMES** MORE RISK OF HAVING A SECOND CANCER



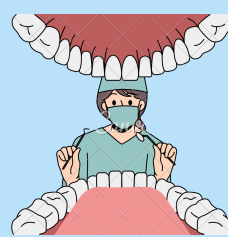
5.

YOUNG PEOPLE WHO HAVE NEVER SMOKED OR CHEWED TOBACCO ARE GETTING DIAGNOSED WITH ORAL CANCER DUE TO **HPV**



6.

EARLY DIAGNOSES CAN **DOUBLE** CHANCE OF SURVIVAL



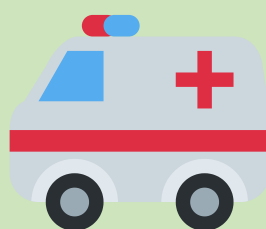
7.

THOSE WHO SMOKE AND DRINK HAVE **15 TIMES** MORE CHANCES OF GETTING ORAL CANCERS

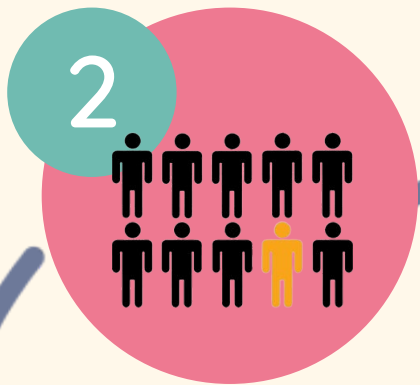


8.

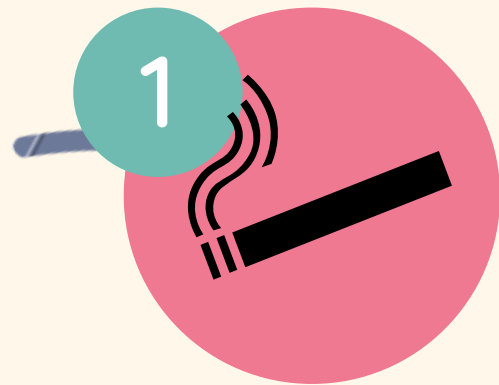
ORAL CANCER OFTEN GOES UNNOTICED



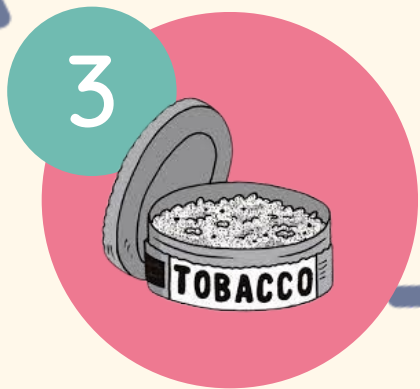
CAUSES OF ORAL CANCER



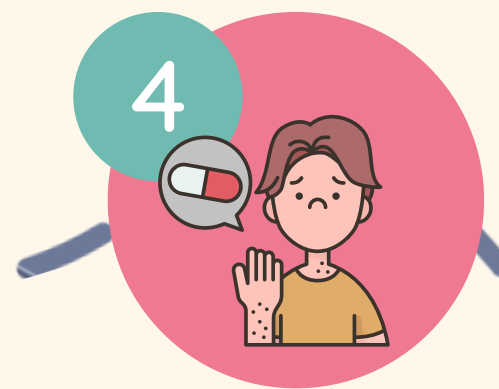
2
Previous
diagnosis of
Cancer



1
Smoking Cigarette,
Bidi and Pipes



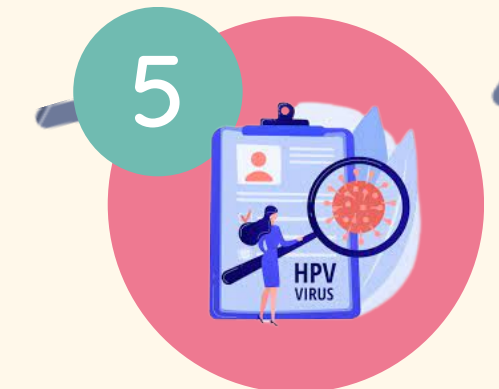
3
Chewing
Tobacco



4
A weakened
immune system



6
Family History of
Cancer



5
Human
Papillomavirus
Infection



7
Chronic Facial Sun
Exposure

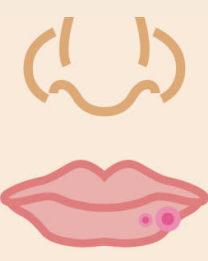




WARNING

SYMPTOMS OF ORAL CANCER

1



A SORE ON YOUR LIP OR MOUTH THAT DOESN'T HEAL

2



A MASS OR GROWTH IN YOUR MOUTH

3



BLEEDING FROM YOUR MOUTH

4



LOOSE TEETH

5



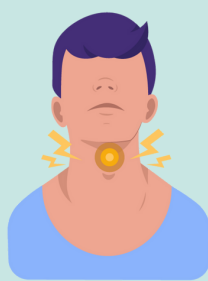
PAIN OR DIFFICULTY IN SWALLOWING

6



TROUBLE WEARING DENTURES

7



A LUMP IN YOUR NECK

8



AN EAR ACHE THAT WON'T GO AWAY

9



DRAMATIC WEIGHT LOSS

10



WHITE PATCHES OR RED PATCH IN YOUR MOUTH OR LIPS

11



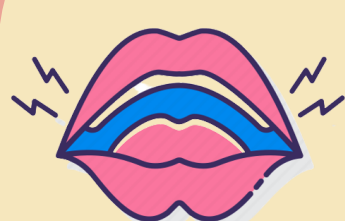
JAW PAIN OR STIFFNESS

12



TONGUE PAIN

13



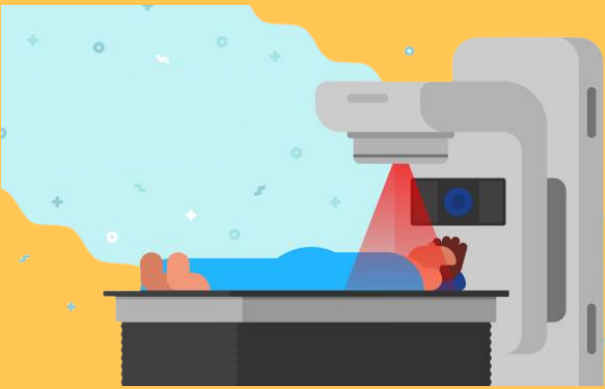
LOWER LIP, FACE, NECK, OR CHIN NUMBNESS

ORAL CANCER TREATMENT OPTIONS & ADVANCED THERAPIES

#1 SURGERY



#2 RADIATION THERAPY



#3 CHEMOTHERAPY



#4 TARGETED THERAPY



PREVENTION

DO



Visit Your **Dentist Regularly**. Perform self oral cancer screening



Get Vaccinated Against HPV Virus



ORAL HYGIENE
Brush, Floss and Mouthwash daily



HEALTHY DIET

DON'T



TOBACCO
Smoking/Chewing betel quid, betel nut, areca nut, cigarettes, pipes, hookahs, snuff, slaked lime and gutka



ALCOHOL



EXCESSIVE SUN EXPOSURE TO LIPS
Use SPF15 sunscreen before you go out in the sun.

BE

ALERT

AND CHECK FOR THESE SYMPTOMS IN THE

MOUTH

MOUTH

Run your fingers on the roof of the mouth to check for any lumps. Repeat on the floor of the mouth.

NECK

Feel and press along the front and sides of the neck. Can you feel any lumps?

HEAD & NECK

Do both sides look the same? Look for any lumps or swellings that are only on one side of the face

LIPS

Pull down the lower lip to look for ulcer or colour change. Then feel the area with thumb and index finger for swelling.

CHEEK

Look out for red, white or dark patches. Put your index finger inside the cheek and thumb outside and squeeze to check for any lumps

TONGUE

Look out for any changes in the colour or texture of the surface along the top, sides and then under the tongue.