

Mouth Cancer Awareness Month



Mouth Cancer Action Month is held in November every year and is supported by the Mouth Cancer Foundation and the Oral Health Foundation.

This year celebrates the 20th year for the Mouth Cancer Foundation as a registered charity and our practice is once again holding mouth cancer screening sessions during the month of November, where members of the public can attend the practice for a screening. Please call reception for more information. Alongside the sessions, members of the practice team have participated in the 10km Mouth Cancer Walk in the Old Deer Park, Richmond. An enjoyable time was had, raising money and awareness for this charity. Jason Wong MBE, one of the partners at the practice, took part in the walk and has been a dedicated ambassador for oral health and cancer prevention. His role as a clinical ambassador for the Mouth Cancer Foundation includes promoting and raising awareness during the month.

What is mouth cancer?

Mouth cancer, also known as oral cancer, describes one of the areas where head and neck cancers can occur and includes various kinds of tumours affecting the lips, salivary glands, tongue, gums, palate and inside of the cheeks.

Signs and symptoms of mouth cancer:

- Ulcers that do not heal within three weeks
- Pain or discomfort in the mouth
- Lumps and swellings of no obvious cause in the mouth or neck
- Red or white patches inside the mouth
- Changes in texture; hardness, roughness
- Teeth that become loose
- Difficulty or pain with swallowing, chewing or moving the jaw
- Persistent hoarseness or changes to the voice
- Persistent coughing or the feeling that something is 'stuck' in the throat
- Numbness or tingling of the lips or tongue
- Unexplained weight loss
- Dentures that suddenly stop fitting properly

Risk Factors:

- Tobacco use is the main cause of mouth cancer
- Drinking alcohol excessively can increase risks
- Drinking and smoking together can make mouth cancer up to 30 times more likely to develop
- Poor diet and social deprivation are linked to a third of all cancer cases



- The Human Papilloma Virus (HPV), transmitted through oral sex, could overtake tobacco and alcohol as the main risk factor within the next decade.
- Exposure to the sun is a cause of skin cancer which can affect the lips and face.

What do we do within the Practice to raise awareness?

- Warn our patients of the dangers of tobacco use and alcohol abuse. (There is a reason we ask about smoking and units of alcohol per week!)
- Alert our patients to the dangers of chewing tobacco such as betel quid, gutkha and paan. Also, the dangers of Shisha/Hookah (during an hour-long shisha session, the smoker can inhale the equivalent amount of smoke as 100 cigarettes)
- Screening patients for mouth cancers at every check up (this is why we ask you to stick your tongue out, so the dentist can check all soft tissues)
- Increase awareness of mouth cancers and early detection.



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If you would like to support our fundraiser for @mouthcancer then please visit our just giving page:
www.justgiving.com/page/the-maltings-dental-practice-11?utm_medium=FR&utm_source=CL
We are grateful for any donations that we receive.