

Mouth cancer awareness

November is Mouth Cancer Action Month
Here are **three top tips** to reduce your risk of mouth cancer

1. Visit your dentist regularly

Your dentist can examine your mouth and check for signs of mouth cancer. The outlook is much better if the cancer is diagnosed early.

To find a dentist near you visit www.nhs.uk or phone **111**



2. Give up smoking and/or chewing tobacco

You are four times more likely to quit successfully with support and access to stop smoking medication available from NHS trained stop smoking advisers. Visit www.smokefreelifeoxfordshire.co.uk or call **0800 246 1072** or text **QUIT** to **66777**



3. Drink alcohol responsibly

To calculate how much you drink to check if you are damaging your health visit www.change4life.org

For drug and alcohol treatment and support services visit



<http://wellbeing.turning-point.co.uk/oxfordshire> or call: 01865 261 690



Mouth cancer facts: Did you know ...

Mouth cancer can develop on most parts of the mouth, including the lips, gums and throat. The **most common symptoms** include; red or white patches in the mouth or throat, a lump or an ulcer. **Get checked out!** It is strongly recommended that you visit your dentist or GP to seek advice if your symptoms have lasted for more than three weeks. It's especially important to seek medical advice if you're a heavy drinker or smoker.

For more information visit www.nhs.uk, speak to your dentist or contact Oral.Health@oxfordhealth.nhs.uk