

## Mouth cancer facts

Mouth cancer can develop on most parts of the mouth, including the lips, gums and occasionally, the throat.

The most common symptoms include:

- red/white patches in the mouth/throat
- a lump
- an ulcer

Other symptoms may include:

- persistent pain in the mouth
- pain or difficulty when swallowing
- changes in your voice/speech
- swollen lymph nodes in neck
- unexplained weight loss
- bleeding/numbness in mouth
- tooth/teeth that becomes loose for no obvious reason
- difficulty moving your jaw

## When to seek medical advice

Many of the symptoms listed can be caused by less serious conditions. However, it is strongly recommended that you seek advice from your dentist or GP 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.

To find your local dentist call **111**  
or visit [www.nhs.uk](http://www.nhs.uk)

Please contact us if you would like the information in another language or different format.

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

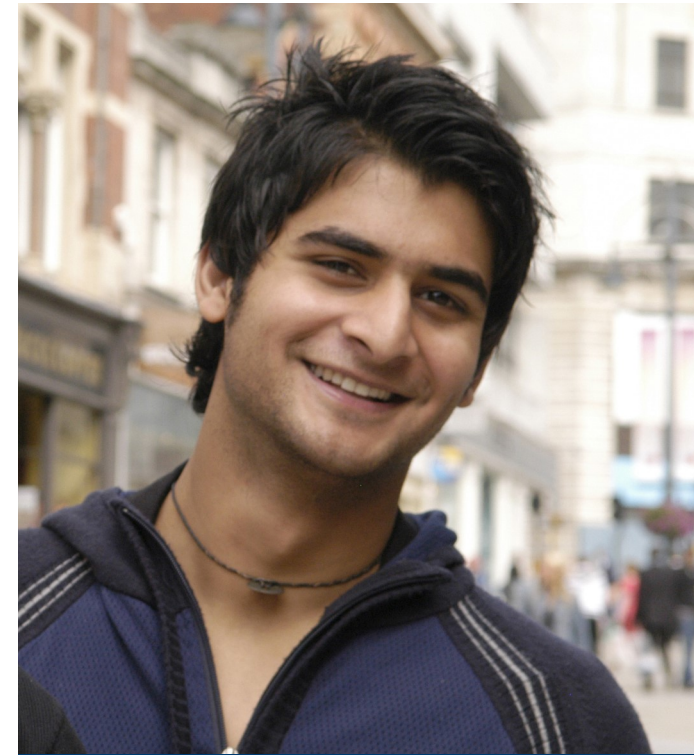
**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

For more information or to download leaflets please go to the website below.

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Oxford Health NHS Foundation Trust  
Astral House  
Granville Way  
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OX26 4JT

Switchboard: 01865 904040  
Email: [Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)  
Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)



Oxfordshire Community Dental Service

# Mouth cancer

How to spot the signs and  
reduce your risk

# Three top tips to reduce your risk of mouth cancer

(please note if you drink alcohol and use tobacco your risk increases dramatically)

## 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](http://www.nhs.uk) or phone 111



**NHS** choices

## 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. For local support visit

[www.smokefreelifeoxfordshire.co.uk](http://www.smokefreelifeoxfordshire.co.uk)

call 0800 246 1072

or text QUIT to 66777

**smokefreelife**  
Oxfordshire



For more information visit [www.nhs.uk](http://www.nhs.uk),  
speak to your dentist or contact  
[Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)

## 3. Drink alcohol responsibly

To calculate how much you drink to check if you are damaging your health visit [www.change4life.org](http://www.change4life.org)



For drug and alcohol treatment and support services visit:

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

