



MacIntyre
Providing support...your way



Mouth cancer

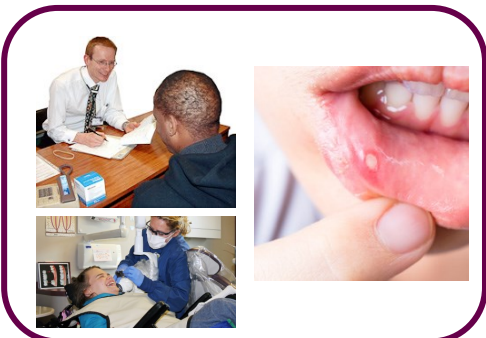


Mouth Cancer is a disease which can be in your mouth head or neck

It can make you very ill and some people can die from it

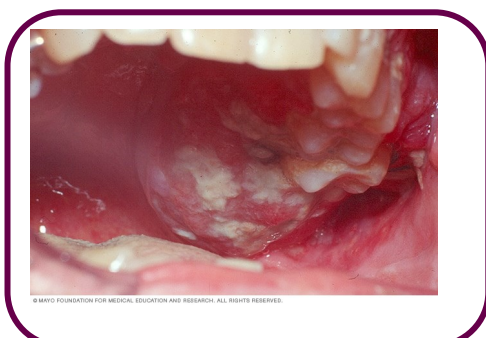


If you find signs of cancer early on the doctor can treat it and make you well



Go to your Doctor or your Dentist if you have

- a mouth ulcer that does not heal after 3 weeks



- white or red patches in your mouth





- a sore throat or a croaky voice which does not go away



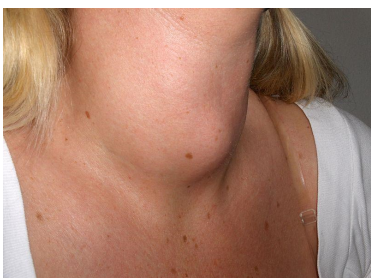
- a feeling numb on the tongue or mouth



- find it hard to swallow



- you get loose or wobbly teeth



- lumps or swellings in your mouth head or neck



Some things that can cause mouth cancer are

- Smoking
Most mouth cancers are caused by smoking



- Drinking a lot of alcohol

If you drink and smoke you are 30 times more likely to get mouth cancer



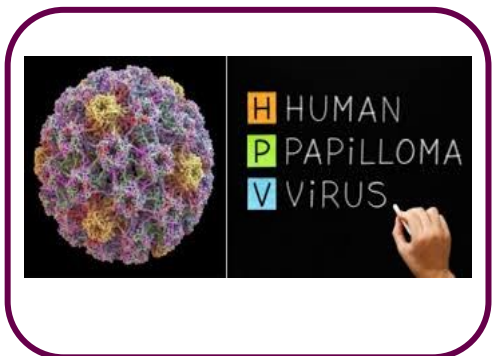
- You eat unhealthy foods

If you have a very bad diet and do not eat healthy foods this can cause mouth cancer

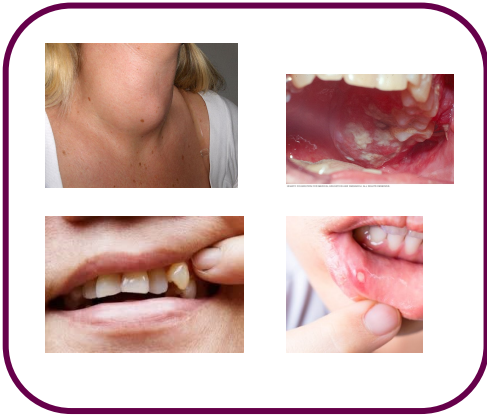


- A virus called the Human Papilloma Virus also called HPV

The HPV virus can cause mouth cancer



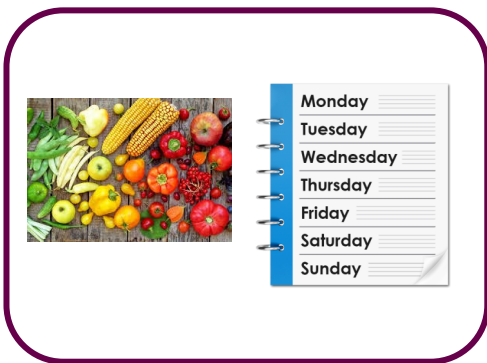
What you can do



Check your mouth every month for any of the signs



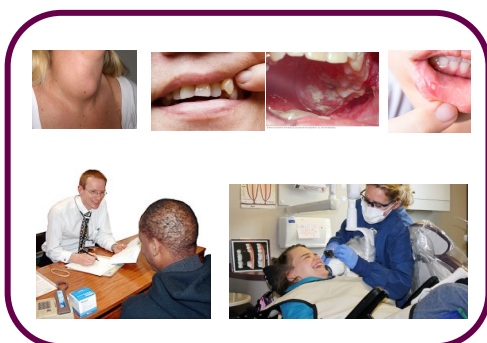
Go to your dentist for your checks twice a year



Eat a healthy diet of fruit and veg every day



Cut down on drinking and smoking



If any of these things happen get it checked at your Doctor or Dentist

Do not wait



The MacIntyre i4t group made this leaflet

I4t group are Dental Health Champions for people with a learning disability in Derbyshire



We were helped by Sheral Wood Oral Health Improvement Officer in Derbyshire



The i4t group show people with a learning disability how to look after their teeth and keep their mouths healthy



You can find out more about our group on Twitter

[Twitter@MacIntyre_I4T](https://twitter.com/MacIntyre_I4T)



You can find out more about MacIntyre in Chesterfield on Facebook

[@MacIntyreDerbyshireandLeicestershire](https://www.facebook.com/MacIntyreDerbyshireandLeicestershire)

