



Top tips

Don't think that because you are young and lead a healthy lifestyle you are not at risk. Mouth cancer can affect anyone, young or old, male or female. A quarter of cases do not involve risk factors such as smoking or alcohol.

The best way to reduce your risk of contracting the disease is to avoid smoking, using chewing tobacco, or drinking alcohol. People who both smoke and drink heavily increase their risk by up to 30.

The chances of contracting the disease increases with age – men over 40 are particularly at risk.

Many of the symptoms of mouth cancer, such as a white or red patch in the mouth, are hard to detect. If you have a mouth ulcer which does not heal within three weeks, or notice any discomfort or other changes in your mouth, visit your dentist to have it checked.

Early detection and treatment is the key to surviving the illness, so regular dental checkups are very important. If you haven't been for a check-up in the last year, you should arrange one now.

Dentists and dental hygienists are specifically trained to carry out examinations for mouth cancer, so they should be your first point of contact if you have any concerns.