

# Mouth, Head & Neck Cancers

## Early Detection Saves Lives

MHNC is cancer found in the tissues of the mouth, head and neck.

### Risk factors



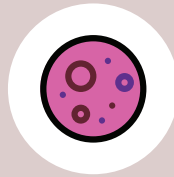
Smoking cigarettes, cigars, pipes or marijuana



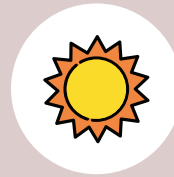
Chewing smokeless tobacco, such as betel quid (gutkha) or paan



Drinking alcohol. You can avoid most MHNC by not smoking and reducing your alcohol use



Exposure to the Human Papillomavirus (HPV). (Tonsil and throat cancer)

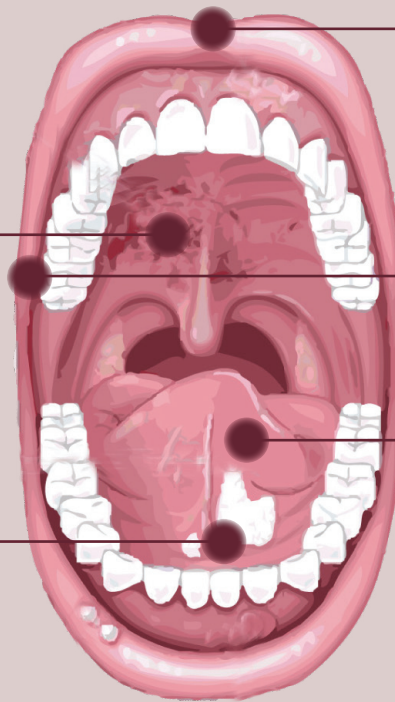


Overexposure to the sun and sun beds (lip cancer)

### Signs and Symptoms

**White or red patch** inside the mouth that doesn't go away

**A sore or ulcer** in the mouth that does not heal



**A lump** in the mouth, face or neck area

**Thickening or hardening** of the cheek or tongue

**Discomfort or pain** in the mouth that doesn't go away

### 6 steps to being mouth aware

- Check your **gums** and inside the bottom and top lips
- Check inside the **cheeks** – right and left sides
- Open your mouth wide. Look at the **roof of your mouth** and the **tonsils** at the back of your mouth
- Stick out your **tongue** and check it: top, bottom and both sides (use a tissue to hold slippery tip)
- Lift your tongue and use your fingers to feel the **floor of your mouth** underneath and at each side of the tongue
- Check your **lips**, and finally, feel your neck for recent changes

Recreated with thanks to Dublin Dental University Hospita