

Early detection is the best defence.

Mouth Cancer Awareness

Oral Cancer is among the top 3 cancers in India & accounts for **1/3rd** of all cancer cases globally.¹

Over 50% of those with oral cancer survive over five years if this condition is caught early enough²

Over **90%** of oral cancer among Indian men is attributed to the use of tobacco products.²

Risk Factors for Oral Cancer³



Use of tobacco products



Alcohol consumption



HPV infection (Increases risk of oral cancer by 15 times)



Poor oral hygiene



Exposure to radiation



Other infections
(Herpes virus, candida)



Chronic irritation or trauma

How to Prevent Oral Cancer?



Oral screening



Avoid tobacco use



Reduce alcohol consumption



Limit exposure to UV rays



Visit your dentist regularly



Early diagnosis 2

Look for common signs and symptoms, such as:

- Red or reddish-white patches on the lining of the mouth or tongue
- Non-healing ulcer
- Pain on swallowing
- Hoarse voice
- Persistent neck pain
- Unexplained weight loss
- Difficulty in chewing, speaking or moving the tongue
- Swollen lymph nodes in the neck

References:

1. Borse, V., Konwar, A. N., & Buragohain, P. (2020). Oral cancer diagnosis and perspectives in India. Sensors International, 1, 100046. <https://doi.org/10.1016/j.sintl.2020.100046>

2. Early Signs Of Mouth Cancer. (n.d.). <https://www.colgate.com/en-in/oral-health/cancer/early-signs-of-mouth-cancer-0515>

3. Oral cancer information | Oral cancer signs & symptoms. (n.d.). Spreading awareness about cancer | Indian Cancer Society. <https://www.indiancancersociety.org/oral-cancer/>