

Detecting Oral Cancer

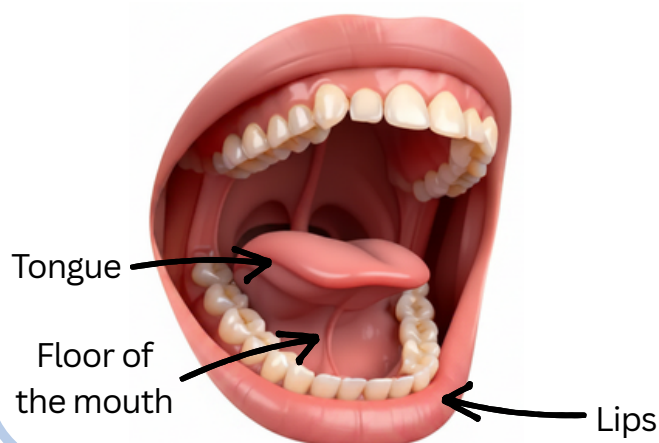
Finding oral (mouth) cancer early is very important. The sooner it is found, the more likely treatment will work.

In Canada, there are about 3400 people who get oral cancer every year and about 1500 people die from it.

The risk of getting oral cancer increases with:

- Age (getting older)
- Tobacco use (smoking or chewing)
- Alcohol use
- Too much time in the sun without sun protection (e.g., sunscreen)
- A weak immune system (less ability to fight germs and illnesses)
- Having certain inherited conditions (run in the family) that are linked to cancer

Oral cancer is most often found on the:



If you are completing the oral care of another person, take 60 seconds a day to check the mouth for any changes.

Ask	Ask the person if they have had any pain, changes/trouble with chewing or swallowing, changes in their voice, or a new/ongoing cough.
Look	Look inside the mouth. <u>Check all sides of the tongue, as well as the floor of the mouth, cheeks, palate (roof of the mouth), gums and teeth.</u> Check for anything new or unusual, such as white or red patches, sores, bleeding, and loose or broken teeth.
Feel	Gently feel for any lumps, bumps or sores that bleed and do not heal.
Document	Write down any concerns on the <u>Daily Oral Health Assessment Sheet</u> . Include your name, the person's name, and the date.
Monitor & Tell	Keep checking on the area of concern. If the changes are still there after 2-4 weeks , ask their care team for help.

