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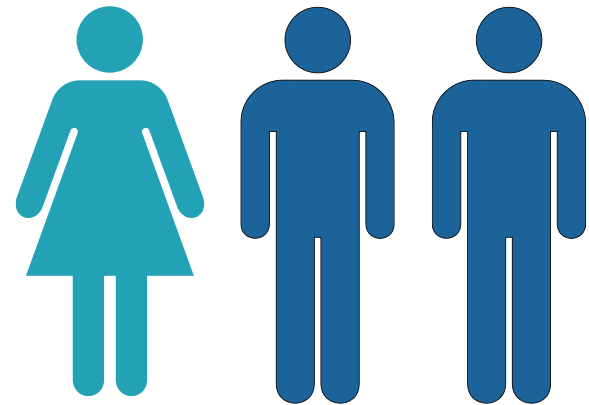
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Mouth Cancer Action Month

1st November to 30th November



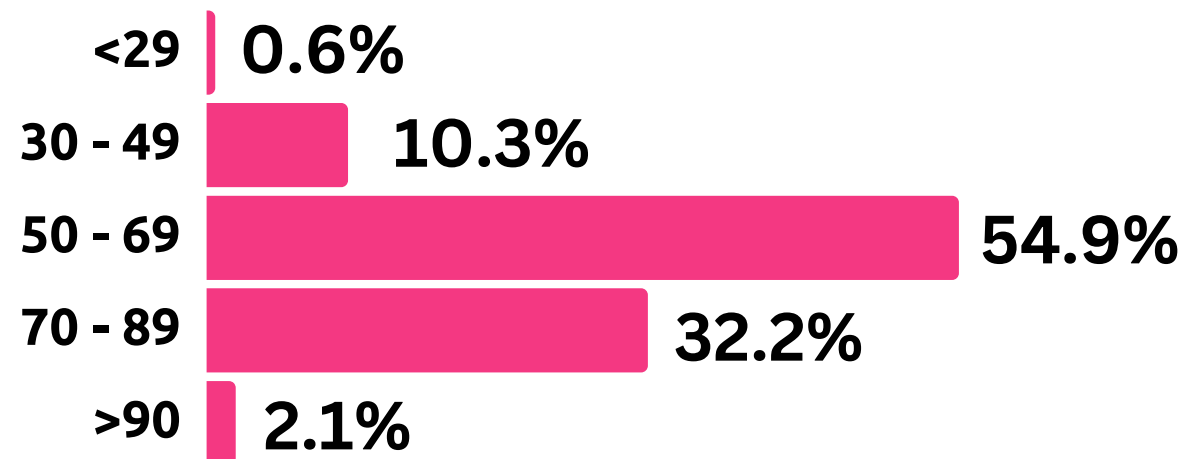
Mouth cancer is twice as common in men



Each year there are over 300 new cases of mouth cancer



Mouth cancer is more common in people over 50



The number of new cases of mouth cancer has been increasing each year since 2002



To see more statistics on cancer in Wales scan the QR code



#MouthCancerActionMonth



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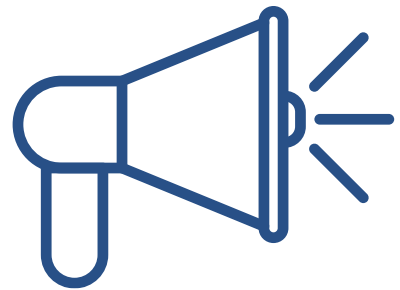
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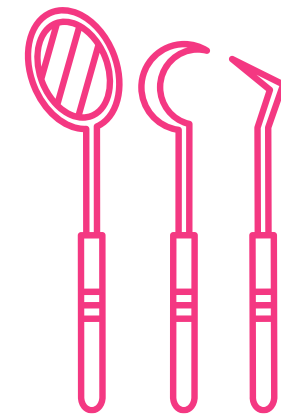


Early diagnosis is key to improve survival

Actions for healthboards and health professionals:



Improve public and healthcare professional awareness of mouth cancer



Advise people to see a dentist for regular check-ups even if they do not have any teeth



Provide effective brief interventions to people at risk



Ensure an urgent mouth cancer referral pathway exists



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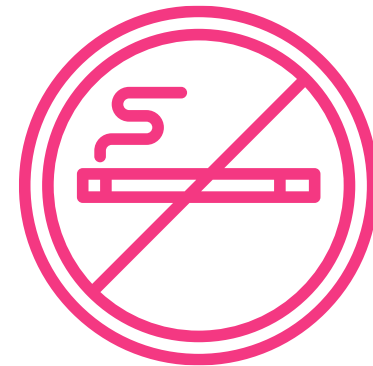
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90% of mouth cancers are linked to lifestyle factors



Drink less alcohol



**Quit smoking or
chewing tobacco**



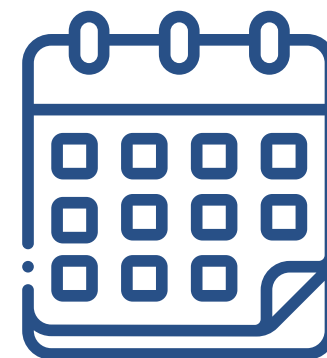
**Maintain a healthy
diet**



Use SPF on lips

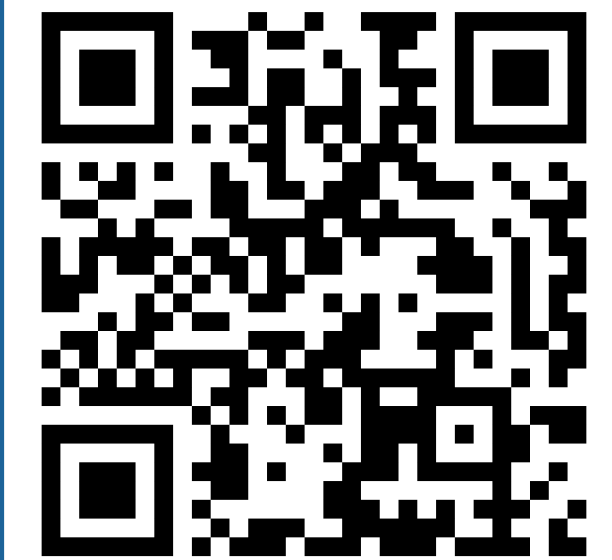


**Practice safe sex to
reduce risk of HPV**



**Check your mouth
monthly**

For help with
quitting smoking
scan the QR code



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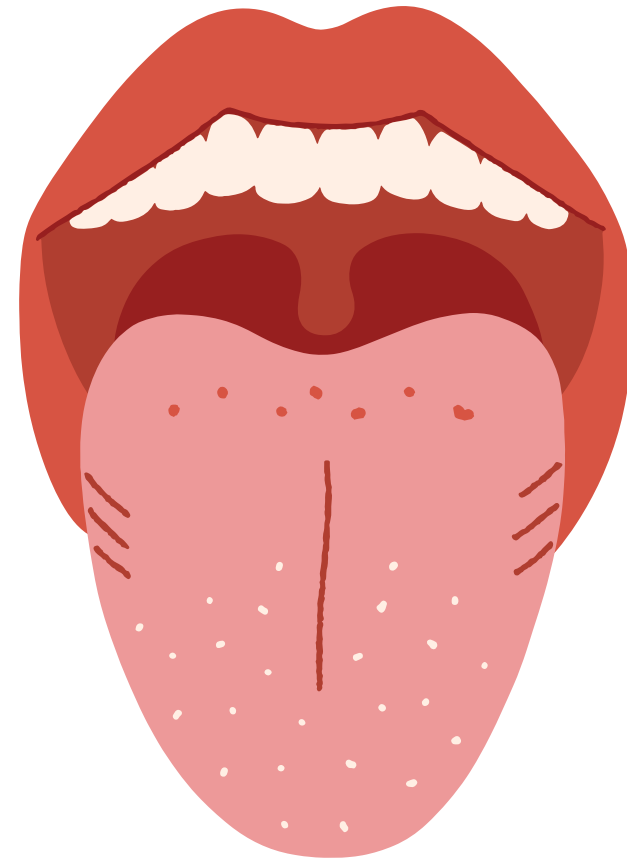
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Symptoms to look out for

**Ulcers lasting
more than 3 weeks**



**Red or white
patches**

**Pain or difficulty
swallowing**

**Unexplained
lumps**

**Unexplained
numbness**

Learn how to do a
mouth cancer
check at home



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