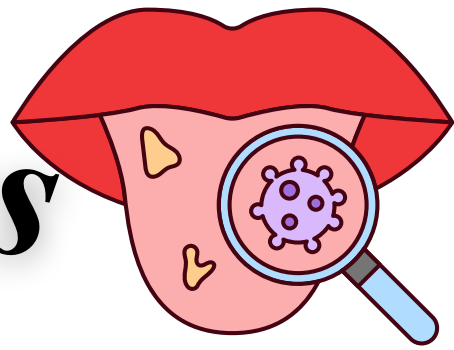


Oral Cancer

Oral cancer, also commonly known as **mouth cancer**, affects different parts of the oral cavity including the **lips**, tongue, throat and sinuses. It can start as a **small sore**, lump or ulcer that **does not heal**.

Symptoms



- Persistent **sores** or **ulcers** in the mouth that do not heal soon.
- **Pain** and **swelling** in the neck, ear, or a persistent sore throat
- **White** or **red patches** on the gums, tongue or inside the mouth
- **Loose teeth** or changes in dental fit
- **Difficulty** chewing, swallowing, speaking, or moving the tongue
- Unexplained **bleeding** in the mouth
- Hoarse **voice** and excessive salivation

Risk factors?

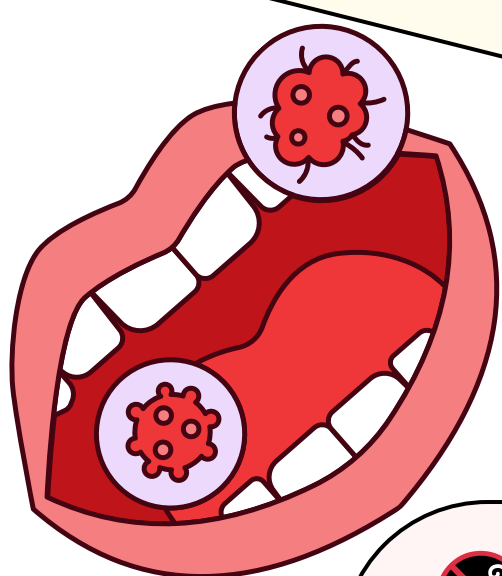


In your control:

- Chewing or smoking, tobacco, excessive alcohol consumption
- Prolonged sun exposure to the lips
- Poor oral hygiene and unhealthy diet





Not in your control:

- Family history of oral cancer
- Age (40+ years) & male gender
- Weakened immune system
- HPV (Human Papillomavirus) infection



Preventive Measures



-  **Avoid** tobacco & limit alcohol
-  Maintain **oral hygiene** & visit the dentist regularly
-  Get **vaccinated** for HPV & Hepatitis B
-  Early detection through routine **screening**