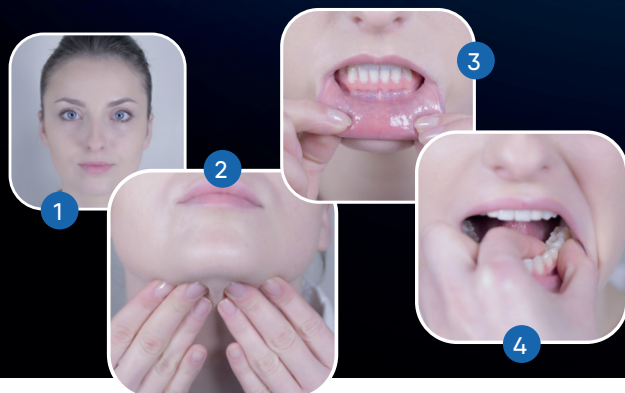


The **2 minute** do it yourself self-examination that could save your life!

Check yourself once a month using our simple **2 minute** self check guide.

All you need is a **mirror**, a **good light source** and **clean fingers**.



1. FACE

Look for swellings you have not noticed before and inspect your skin. Turn your head from side to side, stretching the skin over the muscles making lumps easier to see.

2. NECK

Run your fingers under your jaw and feel either side of your neck. Are there any swellings?

3. LIPS

Pull your upper lip upwards and bottom lip downwards. Look inside for any sores or changes in colour.

4. GUMS

Examine your gums feeling around the gum for anything unusual.

5. CHEEKS

Open your mouth and pull your cheek away one side at a time. Look for any red or white patches. Check for ulcers, lumps or tenderness.

6. TONGUE

Gently pull out your tongue and examine one side then the other. Look for swellings, ulcers or changes in colour. Examine the underside of your tongue.



**EARLY
DETECTION
IS KEY!**

7. FLOOR AND ROOF OF MOUTH

Tilt your head back and open your mouth. Then lift your tongue up and look at the floor of the mouth. Observing changes in colour, ulcers or swellings.

What is Mouth Cancer

This is the general term given to the variety of malignant tumours that develop in the mouth, (oral cavity). The Mouth Cancer Foundation promotes awareness of all head and neck cancers i.e. throat (pharynx), voice box (larynx), salivary glands, nose, nasal, sinuses, lips and skin.

Signs and Symptoms

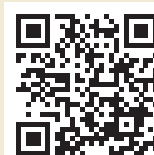
- An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks.
- Difficulty in swallowing, chewing or moving the jaw or tongue.
- Numbness of tongue or other area of the mouth.
- A feeling that something is caught in the throat.
- A chronic sore throat or hoarseness that persists more than 6 weeks.
- Unexplained loosening of teeth
- Noticeable changes in eating habits.
- A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- Dentures suddenly not fitting properly.
- Mood swings and marked alterations in daily lifestyle in patients with dementia or cognitive impairment.
- Speech variations.

Mouth Cancer Foundation

The Mouth Cancer Foundation is a charity dedicated to raising awareness of mouth cancer and to helping and supporting those suffering from or at risk of mouth, throat and other head and neck cancers, as well as providing assistance and information on living with mouth cancer for families, friends and carers.

To make a donation or for **FREE** information visit **www.mouthcancerfoundation.org**

Advice Line: 01924 950 950 • Head Office +44 (0) 208 940 5680
Alternatively you can email info@mouthcancerfoundation.org



SCAN TO
WATCH OUR
YOUTUBE
VIDEO



JOIN THE UK'S ONLY WALK FOR MOUTH CANCER
www.mouthcancerwalk.org

The Mouth Cancer Foundation is a registered charity (No. 1109298) dedicated to saving and improving the lives of everyone affected by head and neck cancers. Support can play a pivotal role in meeting the psychological needs of patients. The charity offers free information and resources to patients, carers, survivors and professionals.

LOOK, LISTEN & OBSERVE FOR



MOUTH CANCER



www.mouthcancerfoundation.org

Are you checking for Mouth Cancer?

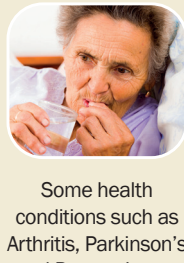
Oral Hygiene is important at every age, but as 78% of mouth cancer cases occur in the over 55 age group, it is imperative that care home residents look after their mouths and Carers check their oral cavities on a regular basis looking for signs and symptoms of mouth cancer.

57.9% of patients in residential homes and 42% in care homes are living with Dementia so extra care will need to be taken when carrying out examinations.

It is important to observe a resident and notice any behavioural changes and listen to what they may be telling you as even the smallest detail can be an important sign.



People keep their natural teeth longer, but this can mean they require more complex dental care.



Some health conditions such as Arthritis, Parkinson's and Dementia can make it harder to hold and use a toothbrush and go for dental health treatment.



Medicine can reduce the amount of saliva produced and leave people with dry mouth.

Thorough and regular assessments can help prevent pain, disturbed sleep and health problems that poor oral health can cause.

**CARERS SHOULD KNOW
THAT INTRA-ORAL ASSESSMENTS
FOR SOME PATIENTS WILL
BE CHALLENGING**

How to spot Changes in the Mouth

SMELL

Is there a bad odour coming from the mouth?

OBSERVE

Is a resident showing a change in behaviour? Drooling from the mouth, unexplained weight loss, difficulties with eating?

LISTEN

Is there a change in the sound of a resident's voice? Is there a cough or sore throat not clearing up? Does the resident sound like they have something stuck in their throat?

LOOK

Look closely at a resident's whole face and neck area. Are there any unusual lumps, bumps, changes in marks on the surface of the skin, or red or white patches inside the mouth? Have dentures become ill fitting?

What Care Staff Need to Know

Care staff need to know how and when to assess the oral health of a resident and when to report changes. All residents should have an oral health assessment when they move into a care home with the result recorded in their care plan. This involves discussions with family or friends involved in ongoing care. This will help keep on top of any changes in habits.

Discuss



How the resident usually manages their daily mouth care (for example, toothbrushing and type of toothbrush, removing and caring for dentures including partial dentures). Check whether they need support.



If they have dentures, including partial dentures, whether they are marked or unmarked. If unmarked, ask whether they would like to arrange for marking and offer to help.



The name and address of their dentist or any dental service they have had contact with, and where and how long ago they saw a dentist or received dental treatment. Record if there has been no contact or they do not have a dentist, and help them find one.

Staff also need to understand how dental pain or a mouth infection can affect residents' general health, wellbeing and behaviour. Make sure staff know who to ask for advice, how and when to report any concerns about a resident's oral health, and how changes in a person's condition might affect their ability to manage their mouth care.

Support residents in their daily mouth care routines by:



Brush their natural teeth at least twice a day with fluoride toothpaste.



Use their choice of cleaning products for dentures.



Use the resident's choice of toothbrush, either manual or electric and mouth care products.



Clean dentures, brushing and removing food debris, removing dentures overnight.

It is important to ensure the care home has a documented referral pathway so carers can report any concerns and refer to the dental and hospital consultants as soon as possible.

IF IN DOUBT CHECK IT OUT!

Facts About Mouth Cancer

1 person every **3 HOURS** is lost to Mouth cancer

Over **10,825** new cases in the UK each year

Each year **3,637** lives are lost to Mouth Cancer

Worldwide Mouth Cancer affects **650,000** per year

Mouth Cancer is **TWICE** as common in men

Over **HALF** of older adults who live in care homes have tooth decay

Incidence has risen by **49%** over the past 10 years

5 year **SURVIVAL** rate has hardly improved in last few decades

Risk Factors

- Tobacco use is the main cause of mouth cancer.
- Drinking alcohol to excess can increase risks four fold.
- Drinking and smoking together can make mouth cancer up to 30 times more likely to develop.
- Poor diet and social deprivation is linked to a third of all cancer cases.
- The Human Papilloma Virus (HPV), transmitted through oral sex, could overtake tobacco and alcohol as the main risk factor within the next decade.
- Exposure to the sun is a cause of skin cancer which can affect the lips and face.



www.mouthcancerfoundation.org