

ORAL CANCER, ARE YOU AT RISK ?

You are more likely to develop Oral Cancer if:

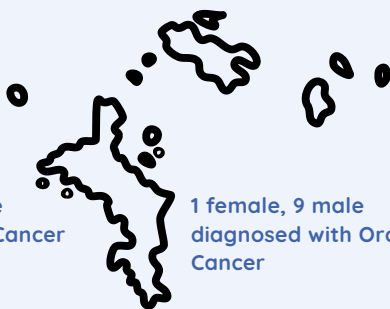
- Above 40 years.
- Pre-dominantly male population.

Globally



1 female to 6 male
affected by Oral Cancer

Seychelles



1 female, 9 male
diagnosed with Oral
Cancer

- Smoking such as cigarette, vaping increases risk by **10 X**.
- Other tobacco usage such as chewing increases risk by **10 X**.
- Heavy alcohol consumption combined with tobacco use increases risk by **15 X**.
- Consumers of spicy food.
- Poor oral health status especially those with sharp teeth.
- History of Human Papilloma Virus, Epstein Barr Virus and HIV.
- Existing family history of cancers.

Any concerns, consult a dental professional



Ministry of Health

Health Care Agency-Oral Health Services
(2023)

Oral CANCER



**Unusual
lumps or swelling
in the mouth or
throat**

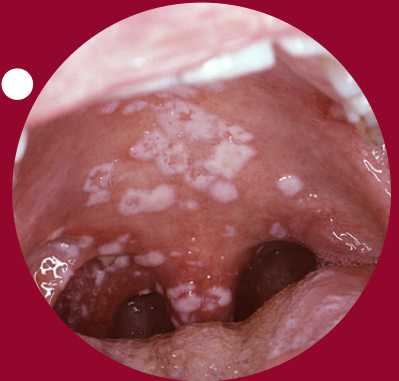


**Sore throat,
swollen tonsils
or difficulty
swallowing**

**LOOK OUT FOR
POSSIBLE SIGNS
AND SYMPTOMS**



Ulcers



**Red/white
patches, lesion or
sore in the mouth
or throat**



Voice change

**If healing doesn't occur after 14 days
Please contact nearest dental clinic**



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Oral CANCER

**Possible Signs
and Symptoms
Oral Cancers**



DETECTION OF ORAL CANCER

**If healing doesn't occur within two weeks
Please consult a dental professional**

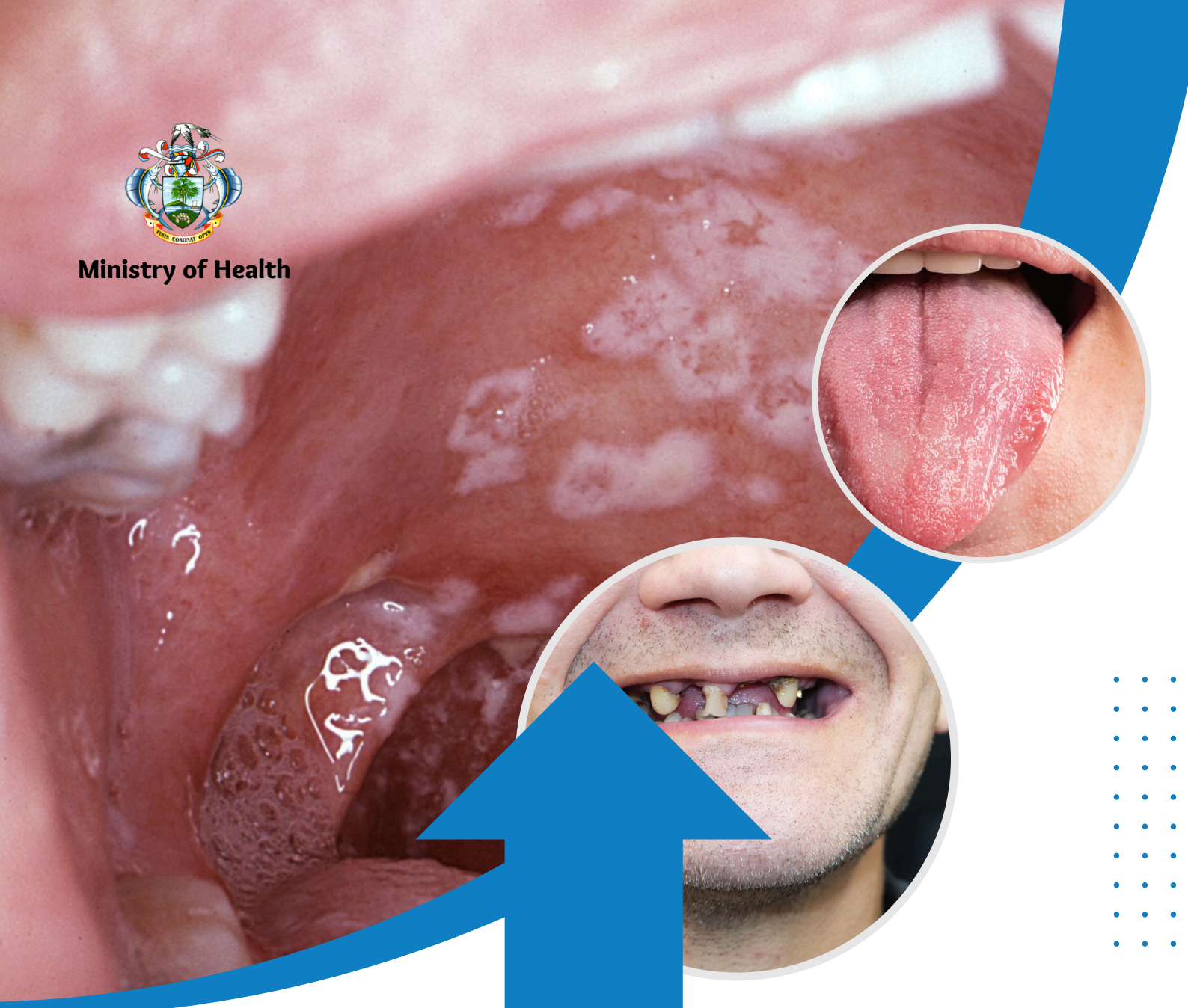


Ministry of Health

Health Care Agency-Oral Health Services
(2022)



Ministry of Health



SIGNS AND SYMPTOMS OF ORAL CANCER:

- Ulcers
- Red/white patches, lesion or sore in the mouth or throat
- Unusual lumps or swelling in the mouth or throat
- Sore throat, swollen tonsils or difficulty swallowing
- Voice change

If healing doesn't occur for above mentioned within/beyond two weeks report to nearest community dental clinic for assessment!

