

Spotting mouth cancer early combined with rapid referral for specialist treatment greatly increases chances of survival.

Mouth Cancer Screening Accreditation Scheme (MCSAS)

Illume is the first practice in Cheltenham to be accredited under the MCSAS by The Mouth Cancer Foundation.

The scheme supports dental practices across the country that aim to increase public awareness of Mouth Cancer. The MCSAS is based on three core principles: Improving early detection by dentists, reducing delays in access to diagnosis and treatment, and prevention by lifestyle changes. The combination of these principles aims to raise public awareness of mouth cancer, the causes and symptoms of the disease, and the role that dentists can play in early detection and improved oral health.

The Mouth Cancer Foundation only accredits dental practices which are able to actively prove they regularly screen their patients for head and neck cancers, and where necessary, provide an effective referral service to a local specialist for those that require further investigation.

Here at Illume, mouth cancer screening is an integral part of every New Client Consultation and Healthy Mouth Review. However, for those who just want to be screened for Mouth Cancer, we also offer a 2 minutes to save a life service for free, where we examine all soft tissue areas of your mouth for abnormal areas and offer early referral if appropriate. However, we strongly recommend regular attendance for full dental care.

Illume has provided an effective mouth cancer screening and referral service for many years and has numerous clients continuing to see us regularly following successful early referral for mouth cancer treatment.

Signs and Symptoms of Mouth Cancer:

- An ulcer that does not heal after 3 weeks
- Persistent discomfort or pain in the mouth
- White or red patches in the mouth or throat
- Difficulty swallowing
- Speech problems – husky voice, difficulty pronouncing words, slur
- A lump in the neck – swelling of your lymph nodes that does not disappear after 3 weeks
- A lump or thickening on the lip
- A lump in the mouth or throat
- Unusual bleeding or numbness in the mouth
- Loose teeth for no apparent reason
- Difficulty moving the jaw

A mouth ulcer that does not heal after 3 weeks is the most common symptom in mouth cancer patients (80%).



Mouth Cancer Statistics

6,500

New Cases

of mouth cancer per year

1,900+

Deaths

from mouth cancer each year – many of these deaths could be prevented if the cancer was caught earlier



Smoking Kills

Most cases of mouth cancer are linked to alcohol and tobacco – smoking and drinking together particularly increases your risk of mouth cancer



HPV Virus

Many recent reports have also linked mouth cancer to the HPV virus – HPV can be spread through oral sex

Keeping Your Mouth Healthy and Reducing Your Risk of Mouth Cancer

- Visit your Dentist regularly and have your mouth screened for signs of mouth cancer.
- Don't smoke or chew tobacco, gutkha/paan or betel.
- Limit alcohol consumption and follow national guidelines (that's 2–3 units a day for women and 3–4 units a day for men).
- Eat a healthier low meat, low fat diet rich in fruit and vegetables and vitamins A, C & E — this helps provide protection from Mouth and other cancers.
- Adopt safe sex practices — increasingly mouth cancers are associated with HPV which can be transmitted through sexual activity.

If mouth cancer is spotted early, the chances of being cured are good. However many people visit their dentist when it is too late, and do not attend their regular examinations despite their dentist's recommendations. A lot of the symptoms listed can be due to many other conditions or illnesses and may not necessarily be cancer, however it is always better to check.



For more information on all aspects of Mouth Cancer please go to www.mouthcancerfoundation.org

Phone Illume on 01242 522230 to make an appointment for **free Mouth Cancer Screening**.

