

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**'I FOUND SOME
ULCERS UNDER
MY TONGUE.
WHEN THEY
DIDN'T GET BETTER,
I WENT TO SEE A GP.'**

Christine



More than 6,400 people in the UK get mouth cancer each year. It's more common in men and people over 50. Smoking, drinking alcohol and chewing paan or tobacco increase your risk of getting mouth cancer.

Knowing what changes to look for and when to see your dentist or doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your dentist or doctor if you have any of these symptoms for three weeks or more:

- An ulcer in your mouth that doesn't heal.
- A red or white patch in your mouth.
- A sore tongue, mouth or throat that doesn't get better.
- A swelling or lump in your mouth or neck.
- Hoarseness or other voice changes.
- Difficulty swallowing or chewing.
- Feeling that something is stuck in your throat.
- Numbness of your tongue or another area of your mouth.
- One or more unexplained loose teeth.

These symptoms are often caused by things other than cancer. But don't try to diagnose yourself – get them checked. If you do have cancer, the sooner it's found, the better the chance of successful treatment.

You are not wasting your dentist or doctor's time by getting your symptoms checked.

The earlier mouth cancer is diagnosed, the more likely it is to be cured.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**