

Mouth Cancer Awareness Week

Mouth cancer kills one person every five hours in India; Treated in its early stages mouth cancer is curable but left later it kills around one in two; "Mouth Cancers" have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma.

Mumbai, Maharashtra, November 11, 2009 /[India PRwire](#)/ -- It is the sixth most common cancer reported worldwide. According to The Oral Cancer Foundation, Over 300,000 new cases of oral cancer are diagnosed every year, worldwide. The **Indian sub-continent** accounts for one-third of the world burden. Highest mortality rate reported in India & Srilanka. Oral Cancer reports 40% of female deaths. This serious dental disease which pertains to the mouth, lips or throat is often highly curable if diagnosed and treated in the early stages. Cancer of the oral cavity is more common in people who chew tobacco or smoke a pipe. Lip or oral cavity cancers are found by dentists when they examine your teeth.

Tobacco use is the number one risk factor in oral cancer. Age and prolonged exposure to radiation or sunlight are contributing factors as well. Unfortunately, in its early stages, oral cancer can go unnoticed. Oral Cancer could look like a common ulcer, cold sore or a discoloration of tissue. Fortunately, your dentist can see or feel if a lesion looks cancerous. If you have any type of lesion in your mouth, or on your lips, that doesn't heal within two weeks, or a difficulty in swallowing for a prolonged period of time, it is very important to see your dentist right away.

It is important to have self-awareness and to perform regular, self-examinations to help in the early identification of these symptoms. Survival chances are much improved with early detection if people were more aware of the symptoms. In fact, oral cancer can be almost invisible in its very early stages, making it easy to be ignored. In general, the sooner the symptoms are reported, the better the outcome. Therefore, it is important to be aware of the following:

1. A sore or ulcer in the mouth that does not heal within three weeks.
2. A lump or overgrowth of tissue anywhere in the mouth
3. A white or red patch on the gums, tongue, or lining of the mouth.
4. Difficulty in swallowing
5. Difficulty in chewing or moving the jaw or tongue
6. Numbness of the tongue or other area of the mouth
7. A feeling that something is caught in the throat
8. A chronic sore throat or hoarseness that persists more than six weeks, particularly smokers over 50 years old and heavy drinkers
9. Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
10. Neck swelling present for more than three weeks
11. Unexplained tooth mobility persisting for more than three weeks - see a dentist urgently

12. Unilateral nasal mass / ulceration / obstruction, particularly associated with purulent or bloody discharge alcohol consumption

Some of the things you could do to help reduce your risk of developing oral cancer are:

- Avoid smoking or chewing tobacco and betel quid
- Limit alcohol consumption
- Avoid excessive exposure to sunlight to help prevent lip cancer
- Eat more green vegetables and fresh fruits - broccoli, spinach, beans, cabbage, apples, oranges, etc. Try to eat three to five portions a day of a variety of vegetables and fruits, all year round. Having a healthier "low meat, low fat" diet, rich in vegetables and fruit with servings of bread, cereals or beans everyday
- Choose a diet rich in a variety of plant-based foods, select foods low in fat and salt, and always prepare and store food safely. .
- Maintain a healthy weight through balanced diet and regular exercise .

Adopting a healthy lifestyle and regular dental examinations are good preventive measures. Early detection is the key factor in treatment success! Visit your dentist regularly at least once a year. Although the number of deaths each year from oral cancer is astounding, it is highly curable if diagnosed early. Prevention is a key factor in oral cancer and a 90 second dental examination could save your life. Visit your dentist every 6 months for regular check ups.

Notes to Editor

For further information kindly contact Dentzz Dental Care Centres on **23525458 / 23525438 / 9819916333** or visit our website www.dentzzdental.com & view the Smile Gallery on www.dentzzdental.com

Dr. Shantanu Jaradi, an aesthetic dentist, performs complex smile makeover and smile enhancement cases. He is also the Director of the state of the art Dentzz Dental Care Centres at Peddar Road and Lokhandwala, Mumbai, in which all basic to advanced dental procedures are carried out under one roof.

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