


REFERENCES

Mosby's Dental Hygiene Concepts, Cases, and Competencies 2nd Edition

http://www.adha.org/resources/docs/7231/Oral_Cancer_Fact_Sheet.pdf

<http://www.wedmd.com/oral-health.guide/oral-cancer>

Talk with Dr. Mount about other resources.



Dr. Robert E. Mount, Jr., DDS, PA
110 E Park Ave
Chiefland, FL 32626
www.DrMountDentist.com

Phone: 352-493-1416
Fax: 352-493-2057
E-mail: info@drmoutdentist.com

DR. ROBERT E. MOUNT, JR., DDS, PA

WHAT EVERY
PATIENT
SHOULD KNOW
ABOUT ORAL
CANCER....

TEL: 352 493 1416

ORAL CANCER

What is oral cancer?

Oral cancer is an overgrowth of cells that can cause harm to the head, neck, and lymph nodes of the head and neck. Oral cancer is more common than Leukemia, Hodgkin's Disease, Brain Cancer, Liver Cancer, Bone Cancer and Stomach Cancer. A tumor can be malignant or benign. A malignant tumor is cancerous and can spread to other tissues, areas of the body, and through the bloodstream. A benign tumor is not cancerous, can be removed with surgery and normally doesn't return.



What causes oral cancer?

Smoking, smokeless tobacco, excessive alcohol consumption, excessive sun exposure, and a family history of cancer can put you at risk for oral cancer. Men are twice as likely as women to be diagnosed with oral cancer. Men over 50 are at a greater risk of oral cancer.

Early detection of oral cancer is key to having a good chance of surviving the cancer. It is up to the patient and dental professional to detect oral cancer early.

REMEMBER that as the patient you are the most familiar with what is normal or not normal in your mouth so inform your dentist when you notice something different. If anything abnormal doesn't go away in two weeks see your dentist immediately.

What should you, as the patient, look and feel for?

Head and neck area: While looking in a mirror a normal person has the same structures and size of structures on the left and right side. Look for any abnormal lumps, bumps, or swellings that are only located on one side of the face.

Face: Examine your skin for changes in the color or size of the face. Also examine for sores, moles or growths on face that aren't normally present.

Neck: Press along the side and front of the neck to check for tenderness or lumps in these areas.

Lips: Pull your upper lip up and lower lip down to check for a change in color or sores present. Rub your fingers around your upper and lower lips to check for lumps, bumps or texture that is different.

Cheek: Examine your inner cheek for red, white, or dark patches that are not normal. Use your index finger on the inside of your cheek and thumb on the outside of the cheek to gently squeeze to feel for lumps or tenderness.

Roof of the mouth: Tilt your head back to check the roof of your mouth for any color changes or lumps. Feel the roof of your mouth for lumps or tenderness.

Floor of the mouth and tongue: Stick your tongue to check surface for color changes or sores. Pull your tongue out to check both sides of the tongue for lumps, sores, or color changes. Stick your tongue to the roof of your mouth to check the underside of your tongue and floor of your mouth for lumps, sores, or color changes.

****With anything abnormal contact your dentist immediately.**

Signs and Symptoms of oral cancer.

- Lumps on the lip, in the mouth, or in the throat
- White or red patches on your gums, tongue, or lining of your mouth
- Bleeding present in mouth for no reason
- Pain or numbness that exists in the mouth
- Sore throat that doesn't go away
- Pain or difficulty chewing or swallowing
- A sore that doesn't heal within two weeks



Dr. Robert E. Mount, Jr., DDS, PA
110 E Park Ave
Chiefland, FL 32626
www.DrMountDentist.com

Phone: 352-493-1416
Fax: 352-493-2057
E-mail: info@drmounddentist.com