

ASKING FOR ADVICE

If you have any of
the symptoms listed inside,
you should consult
a health professional
as soon as possible.
Dentists are experts
in oral health,
so they know all about
oral cancer, its causes
and symptoms.

Doctors can also advise you
on this kind of cancer.
So don't hesitate to ask.

ABOUT THE ORDRE DES DENTISTES DU QUÉBEC

The Ordre des dentistes du Québec is the professional corporation representing all Quebec dentists. Its primary mission is to protect the public. Among other things, the Order ensures the quality of dental services by maintaining high professional and ethical standards, and organizes activities to promote oral health in Quebec.



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In collaboration with



YOUR DENTIST



CAN SHED LIGHT ON

ORAL CANCER



WHAT IS ORAL CANCER?

We don't tend to hear much about oral cancer. But there are several places in the mouth and throat where it can appear, for instance on the tongue, lips, palate, salivary glands and tonsils.

ORAL CANCER KILLS

Every year, more than 700 people in Quebec learn that they have oral cancer. Close to 300 of them die of it—nearly one a day. In Canada as a whole there are some 3,100 new cases every year, resulting in over 1,100 deaths.

KNOWING THE RISKS

- ✗ Smoking and heavy drinking are the most important risk factors. Although they can both cause oral cancer alone, when combined they multiply the risk.
- ✗ Men age 45 and older are two to three times more at risk for oral cancer than are women.
- ✗ Research suggests that a diet without enough fresh fruit and vegetables may also be a possible risk factor.

DETECTING ORAL CANCER RIGHT FROM THE START

Your dentist can detect oral cancer as soon as it begins, with a clinical examination, or screening, during your routine check-up. It's a simple and painless examination that takes only a few minutes.

SCREENING CAN SAVE LIVES

The earlier oral cancer is discovered, the better the chance of survival. Five years after a diagnosis of oral cancer, eight out of ten individuals survive if the disease is detected early, as compared with only two out of ten if it is detected at an advanced stage (U.S. data).



WHAT TO WATCH FOR

- ✗ A sore on the lip or in the mouth, like an ulcer, that lasts longer than two weeks.
- ✗ A lump on the lip or in the mouth or throat.
- ✗ A white or red patch on the gums, tongue or edge of the lip.
- ✗ Difficulty or pain with chewing or swallowing.
- ✗ Swelling of the jaw that causes dentures to fit poorly.
- ✗ A change in the voice, a sore throat that doesn't go away or a feeling that something is caught in the throat.
- ✗ Unusual bleeding or numbness of the tongue, lip or face.

DON'T DELAY

Many people put off consulting a dentist or doctor, since most sores caused by oral or throat cancer don't hurt. But it's important to act quickly, especially if you have a sore that has lasted longer than two weeks.