

# MOUTH CANCER RISK FACTORS



**Mouth Cancer  
Action Month**  
November 2021  
Oral Health Foundation

There are a number of risk factors that increase your chance of developing mouth cancer.

By understanding your own risk, you can make positive changes to reduce the likelihood of being diagnosed with mouth cancer.

It is important to remember that if any or most of these apply to you, it doesn't mean that you will develop mouth cancer. Be alert by conducting self checks at home and regularly visiting the dentist.



Smoking tobacco increase your risk by up to ten times. This includes cigarettes, pipes or cigars.



Drinking alcohol to excess is linked to a third of all mouth cancers. Guidelines recommend a maximum of 14 units a week.



The human papillomavirus (HPV), spread through oral sex, is now one of the main causes.



Chewing and smokeless tobacco, such as gutka, betel quid, zarda, snuff and nass.



A third of mouth cancers are linked to an unhealthy diet and a lack of vitamins and minerals.



Too much ultraviolet (UV) radiation is a known cause of skin cancer and can develop on the lips.



Those who have had a mouth cancer are at greater risk of developing it again.



Those who have had oesophagus cancer (of the food pipe), skin, cervical, penile and anal cancer.



There is a slight increase if you have a close relative diagnosed with the disease.



Links have been found for those with genetic conditions affecting the bone marrow, skin or fingernails.



Those undergoing treatment for HIV or AIDS and those taking medication after organ transplants.

**#MouthCancerAction**



[www.mouthcancer.org](http://www.mouthcancer.org)

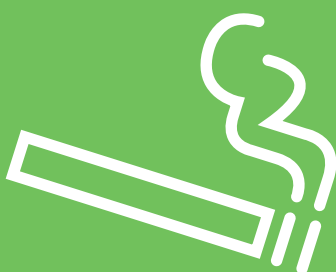


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# BE MOUTH AWARE

## MOUTH CANCER RISK FACTORS

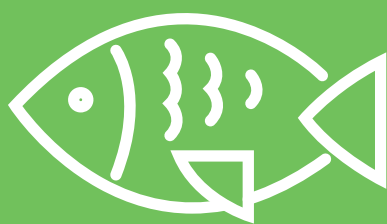
Tobacco



Alcohol



Diet



HPV (The Human  
Papillomavirus)



Chewing or  
smokeless  
tobacco



Environment



Although mouth cancer can affect anybody, around 91% of all diagnoses are linked to lifestyle.

This means that by amending our lifestyle choices, we can help cut the chances of developing mouth cancer.

#MouthCancerAction



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# NEW GOVERNMENT ALCOHOL GUIDELINES FOR MEN & WOMEN



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You wouldn't regularly drink more  
than 14 units per week

This means that you shouldn't drink more than this amount of wine

175ml glasses  
of 13% wine



...or this amount of lager or ale

568ml pints  
of 4% lager or ale



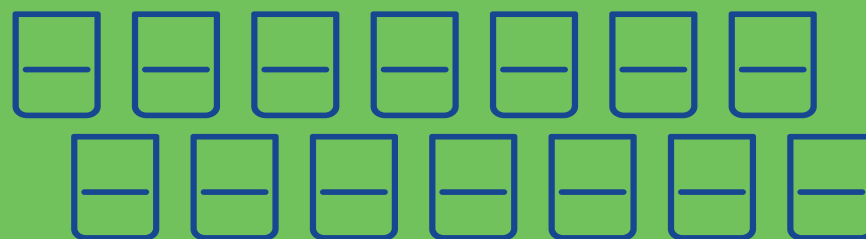
...or this amount of cider

568ml pints  
of 4.5% of cider



...or this amount of spirits

25ml glasses  
of 40% spirits



Drinking alcohol to excess is linked with mouth cancer and the risk greatly increases for those who drink and smoke. It is very important that you visit the dentist regularly for an oral health check.



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