

# Oral Cancer



**Early  
detection is  
critical**

50% of people diagnosed with oral cancer do not live longer than 5 years because it isn't detected early enough



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**Take 60 seconds to check the mouth daily for any changes**

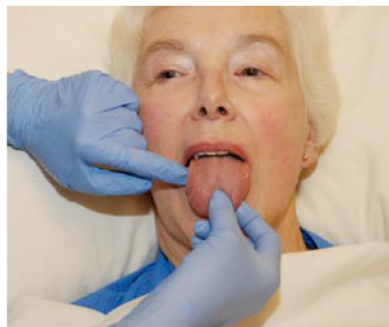
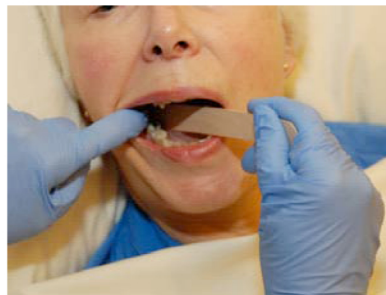
**LOOK:** Look on all sides of the tongue, on the floor of the mouth, the cheeks, the hard palate, the soft palate, gums and teeth. Look for anything abnormal or different from the day before -any white or red patches, sores, bleeding, loose or broken teeth.

**FEEL:** Feel for any lumps , bumps, sores that bleed and do not heal. Check if the resident has trouble chewing or swallowing.

**TELL:** Write any concerns on the **daily oral health assessment** sheet, along with your name, the residents name, and the date. Then let the RN on duty , or the LTC coordinator know about the concern.

If the area of concern is still present or continues to worsen 7-14 days after initial finding, make arrangements for the resident to see a dentist or a doctor.

In Canada, there are 3400 new cases of mouth cancer every year and 1500 deaths associated with mouth cancer.



Risk increases with:

**AGE**, tobacco use (smoking, chewing), **alcohol**, and **prolonged sun exposure**

Cancer has a high prevalence on the tongue

Most common sites oral cancer is found:

- 1 TONGUE
- 2 THROAT
- 3 FLOOR of the mouth
- 4 LIPS

[brushingup.ca](http://brushingup.ca)



Healthy Populations Institute

## REFERENCES

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