

PREVENTION

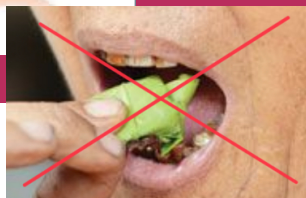
STOP SMOKING

AVOID ALCOHOL

STOP BETEL NUT/TOBACCO
CHEWING

HEALTHY DIET

REGULAR ORAL /DENTAL
CHECKUP



DO YOU HAVE CANCER.
YOU ARE NOT ALONE!
PALLIATIVE CARE ASSOCIATION MIRI
CARES!

Comfort & Compassionate
Affection
Relief & Reliability
Empathy
Support social & spiritual

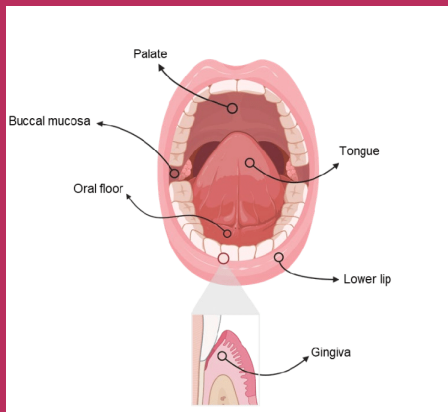
Contact us at
Tel: 012-8456480
Email:
palliativecaremiri@gmail.com

Oral cancer

**April is National
Oral, Head and
Neck Cancer
Awareness Month.**

A cancer diagnosis turns a person's
world upside down emotionally,
physically and financially.
CancerCare® can help.





SYMPTOMS

Non healing ulcer

Mass at mouth

White patch in mouth

Unexplained loosening of teeth

Difficulty in swallowing

Change in voice

Neck swelling

CAUSES

Alcohol

Smoking

Tobacco chewing

Betel nut chewing

Infection with Human Papillomavirus

DIAGNOSIS



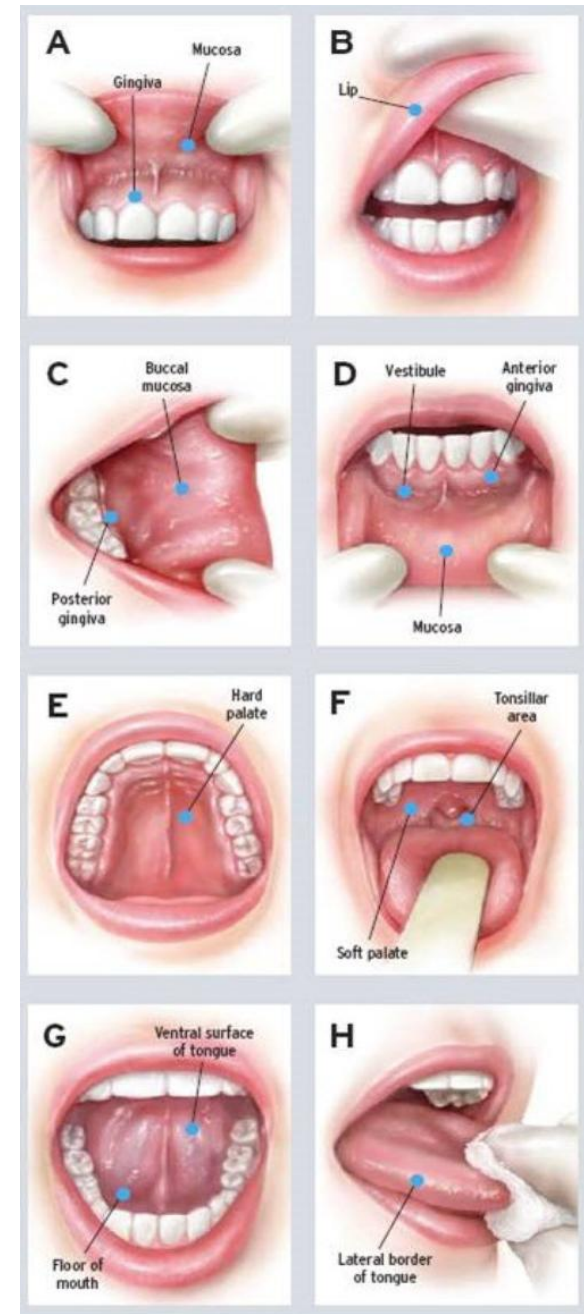
BIOPSY
CT/MRI

TREATMENT

SURGERY

RADIOTHERAPY

CHEMOTHERAPY



A brief screen for *Oral Cancer* includes this 8 step examination of the inside of the mouth