



Please support Mouth Cancer Awareness Day (MCAD) this Wednesday 16th September

Over 700 cases of mouth, head and neck cancer are diagnosed every year in Ireland, and this figure has been steadily increasing in recent years. While Mouth, Head & Neck Cancer can occur at any age, the majority of mouth cancers are diagnosed in the over 55's, regardless of whether or not they still have their own natural teeth or may be wearing dentures.

This year we are specifically targeting people over the age of 55. We are advising the older population and their carers to be particularly mindful of the early signs of mouth cancer and to seek advice and treatment from their dentist or doctor.

Key message:

Early detection of mouth cancer improves treatment and outcomes.

If you have a sore, ulcer, lump in your mouth, a sore throat or neck lump for more than 3 weeks, ring your dentist or doctor to get it checked within 7 days.

Call to Action:

1. Check your mouth before you brush your teeth.
2. If you have a sore, ulcer, lump in your mouth, a sore throat or neck lump for more than 3 weeks, get checked by a dentist or doctor within 7 days.
3. Visit your dentist regularly, at least once a year, even if you have no teeth and wear dentures. 9 out of 10 adults in Ireland are entitled to a FREE oral exam, please check your entitlements on www.citizensinformation.ie

If you care for someone, remind them of the signs and symptoms of mouth cancer and encourage them to check their mouth and to visit their dentist at least once a year even if they have no teeth and wear dentures.

Please share the following on your social media using #MouthCancerDay

- New Website www.mouthcancer.ie which provides information, videos and pictures of how to maintain good oral health, how to reduce the risk of mouth cancer and identify the signs of mouth cancer.
- Videos: [See Patients stories here](#)
- [Motion Graphic](#)
- Share the Infographic on your social media channels using the hashtag #MouthCancerDay
- Like the [Mouth Cancer Awareness Facebook page](#)
- Look out for media coverage online and engage.

Resources:

- Information leaflet: ***'Mouth, Head and Neck Cancer – what you should know'***
[Order Irish Cancer Society leaflets here:](#)
- [Download 'Watch Your Mouth Leaflet, and other resources here](#)

Mouth Head & Neck Cancer Awareness Ireland is a partnership involving the Dublin Dental University Hospital, Cork University Dental School and Hospital, Dental Health Foundation, Irish Dental Association, , National Cancer Control Programme, Irish Cancer Society, Spunout.ie and Cancer survivors.

Thank you for your support.

