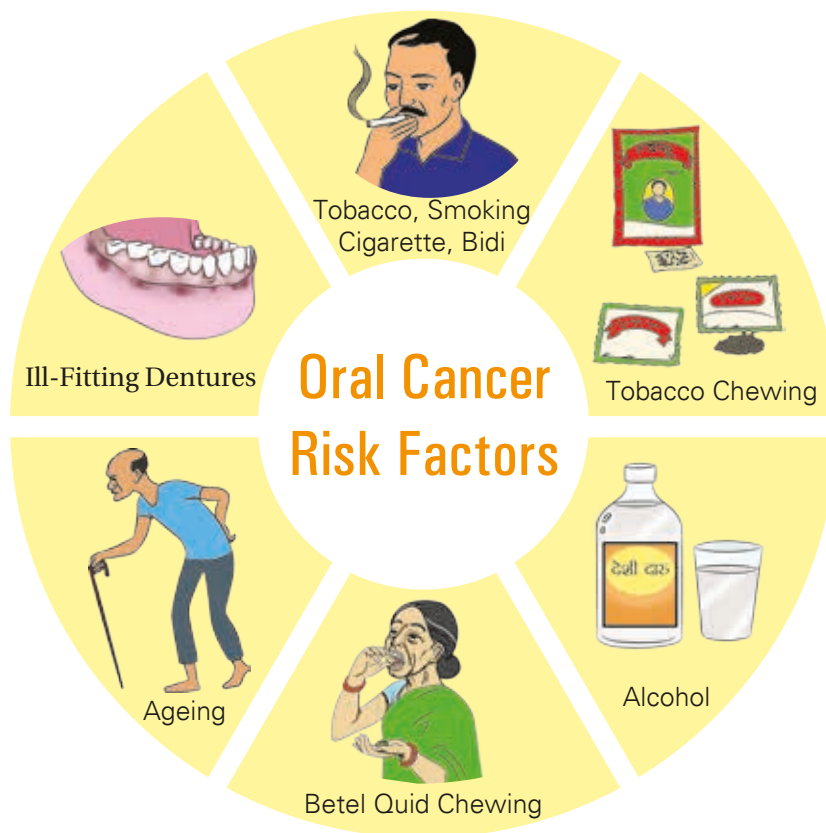


## 5.3: Oral Cancer

### Risk Factors

- Poor oral hygiene.
- Oral cancers are twice as common in men as compared to women.
- Unhealthy diet - Low intake of fresh fruits and vegetables.
- Family history.
- Tobacco use.
- Alcohol consumption.
- Betel nuts and other form of chewing tobacco.
- Sharp teeth and ill-fitting dentures.



### Common Signs and Symptoms of Oral Cancer

- A white/red patch in the oral cavity.
- Ulceration/roughened areas in the oral cavity, especially those that does not heal for more than a month.
- Whiteness of the lining of the oral cavity.
- Difficulty in tolerating spicy foods.
- Difficulty in opening the mouth.
- Difficulty in protruding the tongue.