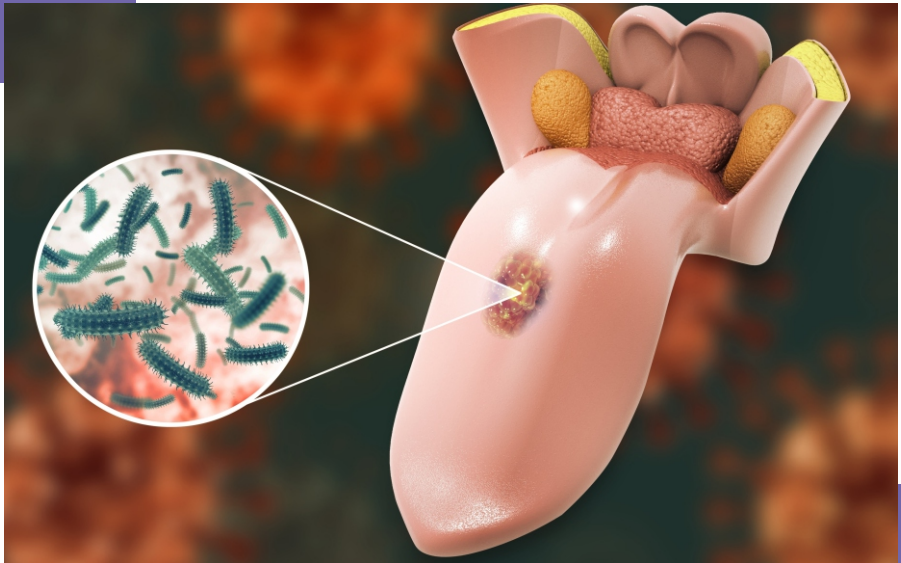




Understanding **Mouth and Tongue Cancer**



What is mouth and tongue cancer?

Abnormal cell growth in the mouth and on the tongue is known as mouth and tongue cancer. This condition is commonly associated with factors like tobacco use, heavy alcohol consumption, inadequate oral hygiene, HPV infection and sun exposure.

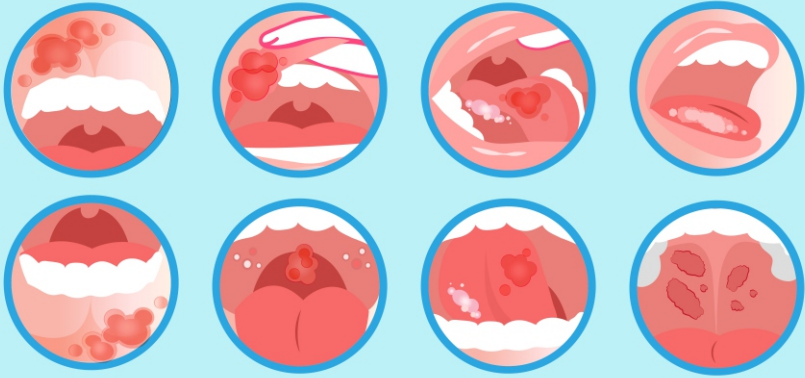
What are the common symptoms of mouth and tongue cancer?

If you experience persistent mouth ulcers or sores, red or white patches in your mouth or on your tongue, difficulty or pain while swallowing or speaking, persistent earache, swelling or lumps in your mouth or neck, numbness or difficulty moving your tongue or jaw, these could be common symptoms of mouth and tongue cancer to watch out for.

How is mouth and tongue cancer diagnosed?

Diagnosis involves a thorough examination by a healthcare provider, including a physical examination of the mouth and neck. Additional tests may include a biopsy (removal of a small tissue sample), imaging tests (X-rays, CT scans, MRI scans, or PET scans), and endoscopy (visualisation of the mouth and throat using a flexible tube with a camera).

Oral cancer common site



What are the treatment options for mouth and tongue cancer?

Treatment depends on factors like cancer stage, location, and overall health. Common options include surgery (removal of the tumour and nearby tissues), radiation therapy (using high-energy beams), chemotherapy (medications to destroy cancer cells), targeted therapy (drugs that target specific cancer cells), and immunotherapy (boosting the immune system to fight cancer cells).

What supportive care is available for mouth and tongue cancer?

Supportive care options include, nutritional support from a dietitian, speech and swallowing therapy for rehabilitation, seeking emotional support from friends, family, or support groups, and maintaining good oral hygiene based on recommendations made by the dental expert.

Can mouth and tongue cancer be prevented?

While not all cases can be prevented, certain lifestyle choices can reduce the risk. These include quitting smoking or tobacco use, limiting alcohol consumption, practicing good oral hygiene, protecting lips from sun exposure, and considering HPV vaccination where applicable.



How can I improve my quality of life while living with mouth and tongue cancer?

Working closely with your healthcare team, following the prescribed treatment plan, maintaining good oral hygiene, seeking emotional support, and following nutritional and rehabilitation recommendations can all contribute to improving your overall quality of life.

Where can I seek more personalised information and guidance?

Your healthcare provider is your best resource for personalised information and guidance throughout your journey in managing mouth and tongue cancer. They can provide specific information based on your condition and address any concerns you may have.

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