

Mouth Self Examination

- Unlike other cancers of the body that require sophisticated and costly equipment for diagnosis, oral cavity lesions can be easily recognized.
- By doing "Mouth Self Examination", it is possible to find out pre-cancerous lesions and early stages of mouth cancer.

Method of Mouth Self Examination

Rinse your mouth with water, Examine your mouth in front of a mirror under a good light for white or red patches, non-healing ulcers and inability to open the mouth.

If you observe any warning signals of oral cancer in your mouth, inform your doctor & seek his help.

Want to stop tobacco use but cannot, why?

Nicotine, one of the most addictive substance in tobacco is the reason. Nicotine present in Tobacco is more addictive & harmful than even Marijuana and Morphine.

We can help you get rid of Tobacco Addiction.
For further information please contact
Tobacco Cessation Clinic



Centre for Cancer Epidemiology
Tata Memorial Centre
Preventive Oncology Clinic
Room No.303, 3rd floor
Shanti Sadan, ACTREC
Sector - 22, Kharghar
Navi Mumbai - 410210

Choose LIFE not TOBACCO

Cancer is curable
if detected early

Tobacco & Cancer



Choose LIFE not TOBACCO

Issued in public interest by :



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Do you know?

- Around 3,77,830 tobacco related cancers are diagnosed each year in India.
- In India 3,699 people die due to tobacco use, everyday.
- 40% of all the cancers are due to tobacco consumption in some form.

Harmful effects of Tobacco Use

- **Cancer**
 - Cancer of Oral Cavity, Nasal Cavity, Voice Box, Food Pipe, Lungs.
 - Tobacco is also a contributory factor for cancer of the pancreas, bladder, kidney, stomach and uterine cervix.
- **Heart Diseases :**
Hypertension (high blood pressure), Angina, coronary heart disease (heart attack)
- **Cerebrovascular diseases :**
Stroke (Paralysis)
- **Respiratory diseases :**
Emphysema, Bronchitis,
- **Peripheral Vascular Diseases :**
Gangrene of toes, cramps in the legs on walking, loss of stamina.
- **Impotence**

Facts about Tobacco Consumption

- Filtered, menthol, imported, low tar or low nicotine cigarettes all are harmful.
- Tobacco consumed in paan, snuff, gutka, masher or tobacco paste is not safe either.
- Bidis and cigarettes both are harmful.

Source: <https://www.who.int/india/health-topics/tobacco>,
https://ncdirindia.org/All_Reports/Report_2020/resources/Chapter14ProjectionofCancerCasesinIndia.pdf

Warning signals of Oral Cancer

Before oral cancer develops, the body will give certain warning signals. These are also known as precancerous lesions. Most oral cancers develop from these precancers.

A) Leukoplakia

(White patch in the mouth)

Normally develops at the site where the person places the tobacco in the mouth.



B) Erythroplakia (Red patch in the mouth)

A velvety red patch that develops in the oral mucosa.

C) Submucous Fibrosis

A chronic mucosal condition that results in uniform whitish discoloration of the entire oral cavity with
(i) Difficulty in opening mouth fully
(ii) Intolerance to spicy food.



D) Non healing Ulcers

This ulcer is usually painless, keeps increasing in size, and does not show signs of healing.



Investigations for diagnosing Head & Neck Cancer

- **Biopsy :**
The doctor collects a small sample of the suspected lesion to examine under a microscope.
- **Indirect Laryngoscopy :**
Here the doctor uses the laryngeal scope to examine the voice box for cancer.
- **FNAC (Fine Needle Aspiration Cytology) :**
Aspiration of fluid from the lump in the neck region.