

# MOUTH CANCER RISK FACTORS



**There are a number of risk factors that increase your chance of developing mouth cancer.**

By understanding your own risk, you can make positive changes to reduce the likelihood of being diagnosed with mouth cancer.

It is important to remember that if any or most of these apply to you, it doesn't mean that you will develop mouth cancer. Be alert by conducting self checks at home and regularly visiting the dentist.



Smoking tobacco increase your risk by up to ten times. This includes cigarettes, pipes or cigars.



Drinking alcohol to excess is linked to a third of all mouth cancers. Guidelines recommend a maximum of 14 units a week.



The human papillomavirus (HPV), spread through oral sex, is now one of the main causes.



Chewing and smokeless tobacco, such as gutka, betel quid, zarda, snuff and nass.



A third of mouth cancers are linked to an unhealthy diet and a lack of vitamins and minerals.



Too much ultraviolet (UV) radiation is a known cause of skin cancer and can develop on the lips.



Those who have had a mouth cancer are at greater risk of developing it again.



Those who have had oesophagus cancer (of the food pipe), skin, cervical, penile and anal cancer.



There is a slight increase if you have a close relative diagnosed with the disease.



Links have been found for those with genetic conditions affecting the bone marrow, skin or fingernails.



Those undergoing treatment for HIV or AIDS and those taking medication after organ transplants.

 **Mouth Cancer  
Action Month  
November 2022**  
Oral Health Foundation