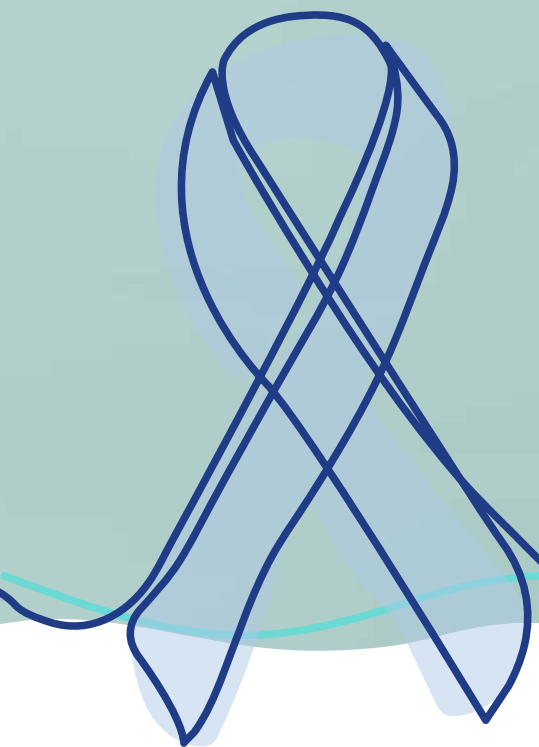


# MOUTH CANCER ACTION MONTH SUPPORTERS TOOLKIT



[www.mouthcancer.org](http://www.mouthcancer.org)



# MOUTH CANCER ACTION MONTH

Hello, welcome and thank you for supporting Mouth Cancer Action Month – a campaign which aims to address and tackle the growing number of cases of mouth cancer in the United Kingdom.

With awareness of mouth cancer remaining poor, many cases are caught too late. This can have a devastating impact on a person’s quality of life. It is also why thousands of lives are being lost to the disease.

By raising awareness of mouth cancer, helping people to know more about the disease, and encouraging them to be vigilant to any changes in their mouth, you can save lives.

Your support is essential.



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# OVERVIEW

[www.mouthcancer.org](http://www.mouthcancer.org)

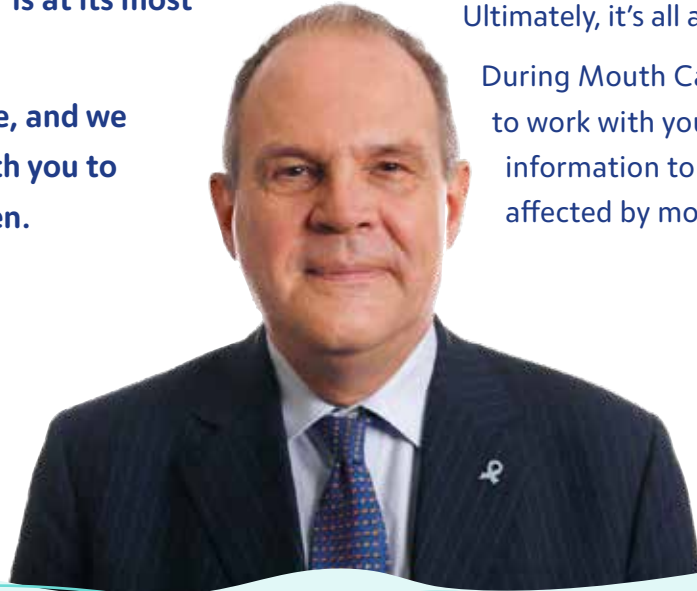
# TAKING ACTION SAVES LIVES

The number of people whose lives are being devastated by mouth cancer is increasing.

In the UK, more than 9,200 people a year are now given the news they have mouth cancer. This means that within a generation, cases have more than doubled.

The sad fact remains that the vast majority simply do not know enough about the disease. This is one of the reasons why half of all mouth cancers are caught in stage IV – where the cancer is at its most advanced.

This must change, and we want to work with you to make that happen.



More people need to know how they can detect mouth cancer early. This means being alert regularly checking their mouth for signs of cancer. It is also about acting quickly if they spot anything unusual in or around their mouth and seeking the help of a dentist or doctor.

It is also important that more people know what causes mouth cancer and adopt a healthier lifestyle to reduce their risk.

Ultimately, it's all about being mouthaware.

During Mouth Cancer Action Month, we want to work with you to share the very best information to everyone who could be affected by mouth cancer.

We also urge you to run events, activities and fundraisers, that can improve mouth cancer awareness amongst your local community. The campaign website at [www.mouthcancer.org](http://www.mouthcancer.org) is there to help you along the way, as is our team at the Oral Health Foundation. Please do get in touch with us if you would like any support participating in Mouth Cancer Action Month.

I hope you will agree with us that mouth cancer needs more recognition and something needs to change.

Let's make a stand and speak out against mouth cancer this November.

A handwritten signature in black ink, appearing to read 'Nigel Carter', with a stylized flourish at the end.

**Dr Nigel Carter OBE**  
Chief Executive,  
Oral Health Foundation



# MOUTH CANCER ACTION MONTH

**Mouth Cancer Action Month is a charity campaign that raises awareness of mouth cancer and asks people to share the important message of being mouthaware.**

The more we know about mouth cancer, the better chance we have of beating it. This means knowing how to spot mouth cancer early and knowing where to go when we see something out of the ordinary. It also means reducing our risk by cutting down on the things that cause mouth cancer.

**This is why we need your help.**



You can support this campaign by helping more people know about mouth cancer. This includes:

- Knowing how to spot mouth cancer early and regularly checking for unusual changes in the mouth.
- Understanding what is likely to cause mouth cancer and reducing your risk.
- Acting quickly when you see something out of the ordinary by visiting your dentist.

To help you along the way, we have lots of information about mouth cancer on the campaign website.

We also have lots of free downloadable materials, many of which can be found in this toolkit.

By working together, we can reduce the number of people whose lives are affected by mouth cancer.



# RESOURCES

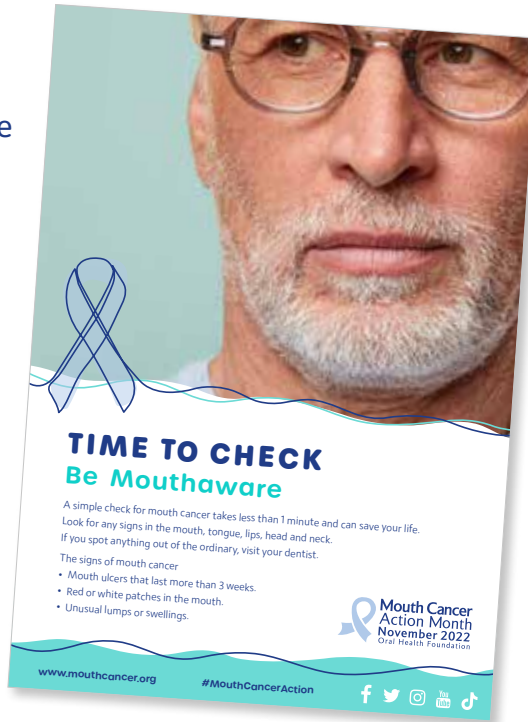
Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## Mouth Cancer Action Month 2022: [Poster](#)

### Suggested Use:

Print off this poster and place it around the workplace noticeboard or patient waiting rooms.

[DOWNLOAD HERE](#)



## Mouth Cancer Action Month 2022: [Social Graphics](#)

### Suggested Use:

Post these social graphics on your company's social media pages.



[DOWNLOAD HERE](#)

Don't forget to use [#MouthCancerAction](#) when posting these social graphics.

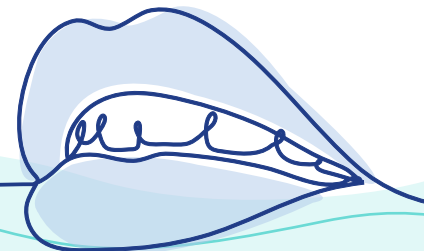
# A SPECIAL PARTNER

**The success of Mouth Cancer Action Month would not happen without the support of Denplan, part of Simplyhealth Professionals. Their long-standing support of the campaign began right at the very beginning and their continuous contributions really to make an important difference.**

Without their passion for improving mouth cancer awareness, the campaign simply would not be possible.



For last year's campaign, the Oral Health Foundation and Denplan joined together to publish a new Mouth Cancer Action Charter. The charter was launched at the House of Commons and laid out the top policy interventions we believe would be most effective in addressing the increasing rates of mouth cancer.





# ABOUT MOUTH CANCER

[www.mouthcancer.org](http://www.mouthcancer.org)



# THE STATE OF MOUTH CANCER

In November, the Oral Health Foundation will release the latest State of Mouth Cancer UK Report, looking into the very latest statistics for the disease. This includes new incidence figures, survival rates, where the disease is most likely to appear, as well as trends over time.

The report also looks into the nation's awareness of mouth cancer and how much is known about the risk factors and signs and symptoms of the disease.

Finally, the report covers some key challenges and recommendations for the future. We believe these will have an important impact on the landscape of mouth cancer in the years to come.

A summary of the key findings

**52%**  
of mouth cancers  
appear on the **tongue**  
and **tonsils**



The ten-year survival  
rate is between

**19%**  
& **59%**

depending on where  
the cancer strikes  
and how early it is  
diagnosed.

Awareness on  
the major risk  
factors of mouth  
cancer is as low as

**21%**

Healthier lifestyle  
choices, earlier  
diagnosis and  
improved access to  
dentistry are some  
of the key challenges  
in confronting  
mouth cancer

Around  
**2 in 3**  
(64%) do not know  
the major signs  
and symptoms for  
mouth cancer



Calls for more **investment in education** and  
national exposure of the disease, as well as  
education to ensure a high coverage rate for  
the **HPV vaccination**

Almost  
**9 in 10**  
(88%) British adults  
have now heard  
of mouth cancer.  
However, awareness  
on the signs,  
symptoms and risk  
factors is poor



**3,293**  
people in the UK lose  
their life to mouth  
cancer a year

Mouth cancer  
has increased by  
**45%**  
in the last decade  
and by  
**110%**  
compared with  
**20 years ago**

**9,946**  
the number of people  
diagnosed with  
mouth cancer  
in the UK  
last year



# RESOURCES

Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## The State of Mouth Cancer: UK Report 2022

### Suggested Use:

Share this with colleagues and peers and use it as a conversation starter for taking action against the harm caused by mouth cancer.

[DOWNLOAD HERE](#)



## The State of Mouth Cancer: Social Graphics

### Suggested Use:

Post these social graphics on your company's social media pages.

[DOWNLOAD HERE](#)



Don't forget to use [#MouthCancerAction](#) when posting these social graphics.

# SIGNS & SYMPTOMS

**Two-in-three people have never checked their mouth for signs of cancer while one-in-four do not know any of the potential early warning signs.**

Given that early detection is so crucial for survival, it's essential you tell staff, patients and those within your local community about the importance of regular self-checks, and what the main warning signs are.

We want everybody to pay close attention to what's going on inside their mouth and take urgent action if they spot any unusual or unexplained changes.

Mouth cancer can strike in a number of places, including the lips, tongue, gums and cheek.

Four signs and symptoms not to ignore are:

- Ulcers that do not heal within three weeks.
- Red and white patches in the mouth.
- Unusual lumps or swellings in the mouth or head and neck area.
- Persistent hoarseness.

If any of these common symptoms are spotted, a dentist or doctor should be seen immediately.

The ultimate success of the campaign depends on your support.

You can play a big part in sharing a very clear and simple phrase –

**'if in doubt, get checked out.'**

Use your voice to help us remind people how important it is to pay attention to the changes in and around your mouth.



# RESOURCES

Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## Mouth Cancer Signs & Symptoms: [Poster](#)

### Suggested Use:

Print off this poster and place it around the workplace noticeboard or patient waiting rooms.

[DOWNLOAD HERE](#)



## Mouth Cancer Signs & Symptoms: [Social Graphics](#)

### Suggested Use:

Post these social graphics on your company's social media pages.

[DOWNLOAD HERE](#)



# RISK FACTORS

## Two-in-three mouth cancers are found in men while most are found in those over 50.

Lifestyle is also important, with around nine in every ten cases linked to risk factors like tobacco and alcohol.

This shows just how much of an influence our daily choices and habits can have on our overall health. But by amending them, making small steps towards healthier day-to-day choices, we can help cut the chances of developing mouth cancer.



The five key risk factors that we want to encourage people to address are:

- **Tobacco:** This is the leading cause of mouth cancer. Tobacco transforms saliva into a deadly cocktail that damages cells in the mouth and can turn them cancerous.
- **Alcohol Excessive:** drinking of alcohol is linked to more than a third of mouth cancer cases in men and a fifth in women. Heavy drinkers and smokers are up to 35 times more at risk.
- **HPV (the Human papillomavirus):** The world's most common sexually transmitted virus is being linked to the growth of mouth cancer cases. The good news is that we now have a vaccine. It now needs a sustained high coverage rate to eradicate HPV for good.
- **Diet:** Research shows that a diet high in fresh fruit and vegetables can reduce the risk of developing mouth cancer.
- **Chewing or smokeless tobacco:** Smokeless and chewing tobacco like betel quid, is not a 'safe' alternative to traditional cigarettes and is



**It is important not to rule out a possibility of mouth cancer purely based on a person's gender and age.** Mouth cancer can affect anyone, and we are speaking to more people who do not fit the traditional model of a mouth cancer patient. Anyone presenting with the early warning signs of mouth cancer should be encouraged to seek professional help where a referral should be highly considered.

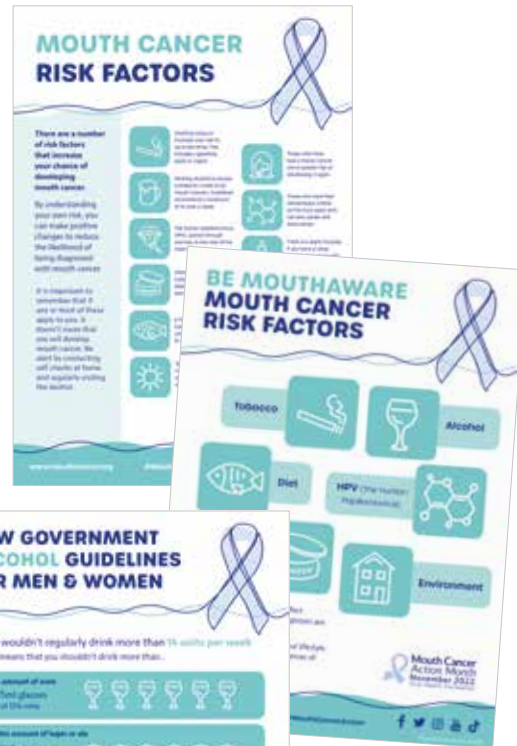
# RESOURCES

Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## Mouth Cancer Risk Factors: Poster

### Suggested Use:

Print off this poster and place it around the workplace noticeboard or patient waiting rooms.



[DOWNLOAD HERE](#)

## Mouth Cancer Risk Factors: Social Graphics

### Suggested Use:

Post these social graphics on your company's social media pages.



[DOWNLOAD HERE](#)

Don't forget to use [#MouthCancerAction](#) when posting these social graphics.

# THE IMPACT OF MOUTH CANCER

**Mouth cancer can have a destructive toll on a person's day-to-day life.**

**After treatment, patients may have problems with breathing, swallowing, drinking and eating. Speech may also be affected, and occasionally even lost. Facial disfigurement can also occur.**

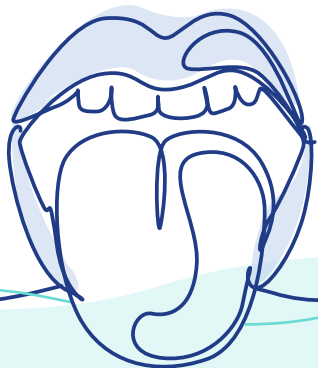
This can lead to other problems such as nutritional deficiency, and depression. Difficulties in communication, low self-esteem, social isolation and the impact on relationships can cause as much distress as the cancer itself.

Rehabilitation is therefore a very important part of the treatment. Mouth cancer patients often undergo reconstructive or plastic surgery, speech therapy, dietary counselling and emotional support.

As a result of treatment, mouth cancer patients may face a series of long-term oral health issues, that often result in complex and expensive dental work. These patients must also be closely monitored to make sure that the cancer does not return.

Dental and health professionals are in the ideal position to give these patients information and support, as well as reassurance and compassion, to help them along their journey.

With the right care, mouth cancer patients can have a good quality of life.





# **MOUTH CANCER STORIES**

[www.mouthcancer.org](http://www.mouthcancer.org)





# CHARLOTTE'S STORY

**At 26 years old, Charlotte was given the life-changing news that she had mouth cancer.**

The ex-cabin crew member, now training to be a midwife, does not fit the typical mouth cancer patient – being a young woman who's a non-smoker and an active gym-goer. But Charlotte represents a growing number of younger people who are being diagnosed with mouth cancer.

Charlotte says: "I had some ulcers for about three to four years before I had my [mouth cancer] operation.

"I wasn't worried about them at first because I do get run down. I was jet-lagged and flying all the time with my job and often ulcers are sign of celiac disease, which I have, so I put it down to that. They came and went but always in the same area, they never fully went but they used to flare up like if I was run down.

"They felt like ulcers do, but just a bigger patch and they started to turn white, and they had like red around them as well, so they looked quite like inflamed.

"I thought maybe it was a bit of an infection or something. My mum kept telling me to go and get it checked so I went to my doctor who sent me for a biopsy.

"I went in for the results, and he asked, 'have you got

anyone with you today?' I looked at him and said, 'it's not good is it?' he replied 'no, it's not. I'm really sorry, you've got cancer'. I remembering saying to him 'what do you mean? Surely not.' and I think I almost laughed. It was such a shock because I'm otherwise a healthy person.

"There is a stigma against mouth cancer, I was told 'oh, you're too young', 'God it won't be that'. It really can happen to anyone, not just smokers because that's such a stigma – it really annoys me. People think you have to be like a really old man that smokes 50 a day, but you don't."

**“ It took this tiny little poster in the clinic for me to say to myself ‘oh my God, that’s mouth cancer’ and by then it was too late. ”**

**Charlotte**  
Mouth Cancer Survivor



# DAVID'S STORY

## It was in the wake of his 50th birthday that David Cowan first noticed something was wrong.

A journalist from Dundee, David always felt he was in pretty good shape. He made a conscious effort to keep active and he didn't smoke. And even though he enjoyed a drink in moderation, cancer was far from being on his radar.

Unfortunately, that all changed.

The father-of-two first noticed a small lump on his neck, about the size of a grape.

It was painless but thankfully, David was clued up enough to know that, when it didn't go away, he should get it checked out.

David was diagnosed with tonsil cancer. Speaking about his diagnosis, David says: We were astonished. I was terrified. I was upset, thinking about the kids and our family."

Thankfully however, he had caught it in the early stages. This gave him the best possible chance of beating the disease.

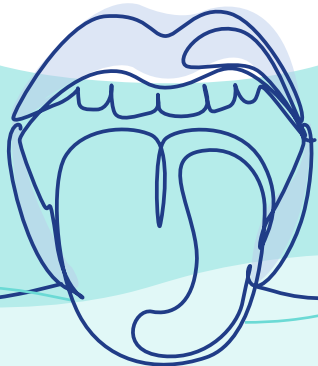
"With cancer, it's inevitable you will have bad weeks but it's important to hold strong and tell yourself that it won't last forever, and you will get better.

"I decided to put my faith in the experts and radiographers. I decided to trust them and put myself in their care. I took all the help that was offered and waited to be fixed. In the end, it all happened as they said it would happen."

Six months later and after radiotherapy, David was given the all clear.

"I'm physically still trying to build my energy up," David adds.

"I lost my sense of taste during the treatment. It's almost back to normal but unfortunately, I still struggle with strong curries and whisky! It did take a big toll on me mentally. It's changed how I think."



**“On the upside, I appreciate things in life a lot more now.”**

David Mouth Cancer Survivor



# BEN'S STORY

**Dr Ben Atkins is a trustee of the Oral Health Foundation and has been a dentist for 20 years. During this time, Ben says the experience of spotting mouth cancer in patients will never leave him.**

“As health professionals, the wellbeing of our patients always takes top priority,” Ben says. “But what we are not so good at doing is assessing how mouth cancer affects us. Opening up about our own experiences is really important. I have found that taking care of my own mental health during this time was critical in how was able to manage the patient.

“A common problem is when health professionals become isolated from the working group. This can often lead to a sense of anxiety or even depression. Confide in the team and talk about these patients in team meetings. Tackling mouth cancer as a group is an effective way to support each other.

“When I saw patients with mouth cancer, I went through a very complex set of emotions. One of the most important things I could do, is know that I’ve done my very best for them. I’m not in control of their cancer, but I can be in control of their journey.

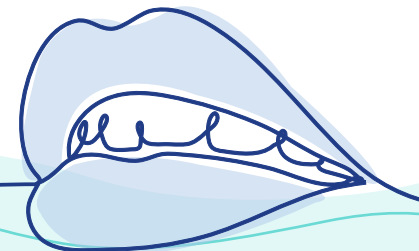
“Confronting mouth cancer made me a better dentist. It improved my clinically skills and my ability to

communicate with patients. Mouth cancer is such a visible cancer. For many, their confidence has gone, and they can be a very different person the next time you see them. Empathy and understanding are key.

“It’s also extremely humbling to see a mouth cancer patient walk back through the door after treatment and the sense of relief that they have got through the process can be very powerful. Facing mouth cancer is a challenge for both the patient and the health professional, but the experience creates a strong and lasting bond between both parties.”

**“Confronting mouth cancer made me a better dentist. It improved my clinically skills and my ability to communicate with patients.”**

**Ben**  
Mouth Cancer Survivor





**HOW YOU CAN SUPPORT**

[www.mouthcancer.org](http://www.mouthcancer.org)

# MAKE A DONATION

**By donating to our Mouth Cancer Appeal, you can help reduce the number of people affected by mouth cancer.**

**MAKE A DONATION**

Your donation will go directly towards putting oral health advice and mouth cancer information into the places that they are needed such as dental practices, hospitals, GPs and pharmacies.

Your money could also be used to send education and awareness materials to local community groups, especially those who see people more at risk of mouth cancer.

Donations can also help us drive healthier behavioural habits and important policy change for areas such as tobacco, alcohol and HPV.



# FUNDRAISE FOR MOUTH CANCER ACTION MONTH

By taking on a challenge and fundraising for the Oral Health Foundation, you can make a positive difference to the landscape of mouth cancer in the UK.



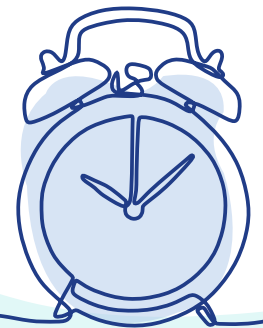
Each year, we receive an overwhelming amount of support from a diverse range of individuals and groups – all doing something special to raise money and awareness for Mouth Cancer Action Month.

Fundraising for the Oral Health Foundation is easy. Also be reassured that your donations can be invested in helping us to directly tackle the harm caused by mouth cancer.

Whether you want to take on a run or a skydive, host a bake sale or a fancy dress day, there's plenty of inspiration on [www.mouthcancer.org](http://www.mouthcancer.org).

**Discover more about fundraising for Mouth Cancer Action Month.**

## FUNDRAISING IDEAS



# BUY EDUCATIONAL RESOURCES

The Oral Health Foundation provides high quality information and oral health educational products to health professionals across the UK.

Dental practice products continue to be an integral part of our work, and with more than 30 years' experience of advising members of the public how to improve their oral health, we have a wealth of knowledge on the dentist-patient communication process and offer constant support to our customers.

This year we have developed lots of effective resources for you to deliver successful events and activities for Mouth Cancer Action Month.



Pick up mouth cancer leaflets, posters and handouts to help educate your patients about the disease.

You can also choose from a range of decorative items that you can use for in-practice displays and window displays.

By purchasing your educational resources from the Mouth Cancer Action Month shop you are helping us to raise valuable income to fund our charitable work.

**Buy something from the Mouth Cancer Action section in our shop.**

[SHOP NOW](#)

# BLUE WEDNESDAY

**Blue Wednesday takes place on 16 November 2022 and we are asking you to share one very simple message....**

**A self check for mouth cancer takes 45 seconds and can save your life.**

For Blue Wednesday we want to encourage as many people as possible to check their mouth for the early warning signs of mouth cancer.

Help us get more people regularly checking themselves for mouth cancer because early diagnosis is vital for beating the disease. Spotting mouth cancer early can significantly change a person's quality of life.

You can take part in Blue Wednesday by sharing information about how to conduct a self check at home. This includes:

## **What to look for**

- Long lasting mouth ulcers
- Red or white patches
- Unusual lumps and swelling

## **Where to check**

- Roof and floor of the mouth
- Inside of the cheeks
- Gums
- Tonsils
- Tongue
- Lips
- Head and neck

## **Who to contact if anything out of the ordinary is noticed**

- A dentist
- A doctor





# RESOURCES

Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## Mouth Cancer Self Examination: [Video](#)

### Suggested Use:

Share this video with patients on social media.



WATCH HERE

## Blue Wednesday: [Social Graphics](#)

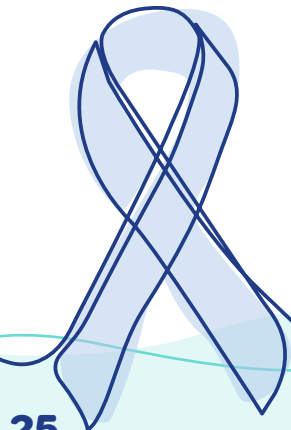
### Suggested Use:

Post these social graphics on your company's social media pages.



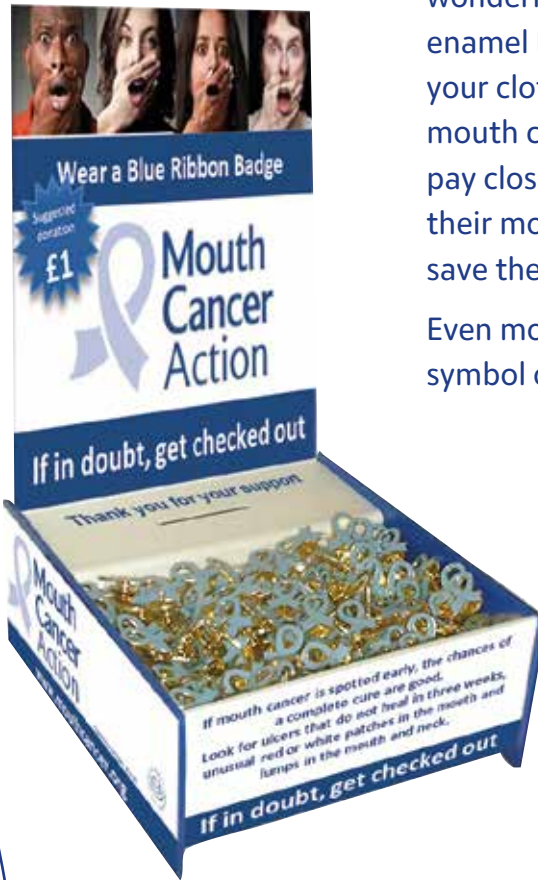
DOWNLOAD HERE

Don't forget to use [#MouthCancerAction](#) when posting these social graphics.



# BLUE RIBBON BADGE

**One of the easiest ways to support Mouth Cancer Action Month is by wearing a Blue Ribbon Badge.**



It's a small gesture, but it really could make the world of difference.

There are now more than 250,000 of you wonderful supporters who are wearing the enamel Blue Ribbon with pride. Pinning it on your clothing can prompt conversations about mouth cancer and encourage more people to pay closer attention to what's going on inside their mouth – something that one day could save their life.

Even more than that, the badge acts as a symbol of solidarity.



It is a sign that we stand together united against mouth cancer. We stand together in support of the countless people who have been affected in some way by this terrible disease. We stand together to drive change and share life-saving information so that fewer people lose their life to the disease.

Please join us in support of these important messages.

Buy one for yourself, get your family, friends and colleagues to pitch in too.

Each Blue Ribbon badge costs just £1 and that money goes a long way in helping us to achieve our charitable goals.

# RESOURCES

Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## Blue Ribbon: Appeal Badges

### Suggested Use:

Wear the Blue Ribbon badge during the campaign as a show of support.

[BUY HERE](#)



## Blue Ribbon: Appeal Kit

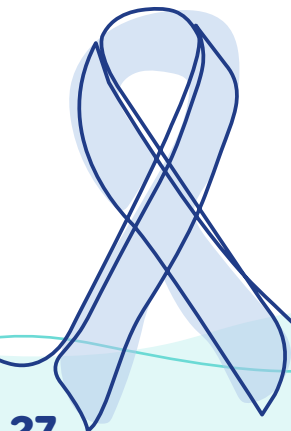
### Suggested Use:

Place the Blue Ribbon box in your staff room or use the badges to give to patients.

[BUY HERE](#)



Post a photo of yourself wearing the Blue Ribbon badge and supporting the campaign. Don't forget to use [#MouthCancerAction](#).



# CORPORATE PARTNERSHIPS

**Oral Health Foundation is proud to work in partnership with businesses to raise awareness of mouth cancer all year round.**

Whatever the size of your organisation, our team will work with you to create a partnership tailored to your business.

Whether you want to take part in fundraising activities, volunteer your time or donate through sponsorship, matched donations or payroll giving, we will work with you to develop the perfect package.

## Ways to get involved

### Campaign sponsorship

By becoming an official sponsor of Mouth Cancer Action Month, you can help us fund more activities and events. It can also help grow your brand and help with your CSR aims.

### Become a Corporate Supporter

Your company could join as a Corporate Supporter of the Oral Health Foundation.

It will be a regular source of income for us and would allow our charity to continue raising awareness of mouth cancer all year round.



### Charity of the year

Choosing the Oral Health Foundation as your chosen charity partner is a great way to focus charitable efforts on mouth cancer. Our charity campaigns for Mouth Cancer Action all year round which gives you lots of opportunities to encourage staff, customers and clients to work together and raise awareness.

### Cause-related marketing

This is a great way for your company to boost sales while also giving back. For example, why not donate something to Mouth Cancer Action for every new patient or customer you receive?

### Staff fundraising

There are so many great ways to fundraise in or out of the office, including raffles, auctions, dress down days and sporting activities.

As well as the usual benefits of entering into a charity partnership with Mouth Cancer Action, we can also help you to make sure your business receives mouth cancer information and advice. We can advise you on how to improve mouth cancer awareness amongst your employees.



# RESOURCES

Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## Mouth Cancer Action: Corporate Support Pack

### Suggested Use:

Share this with your HR team or office managers.

[DOWNLOAD HERE](#)



If you have any questions about supporting the Oral Health Foundation or Mouth Cancer Action Month, please call us on **01788 546 365** or send an email to [mail@dentalhealth.org](mailto:mail@dentalhealth.org)

# RESOURCES

Click on the [download](#) button below to access the resources to help educate more people about the signs and symptoms associated with mouth cancer.

## Mouth Cancer Action: Template Press Release

### Suggested Use:

Fill in this template press release and send it to your local newspapers and radio stations.



[DOWNLOAD HERE](#)

## Mouth Cancer Action: Waiting Room Powerpoint Presentation

### Suggested Use:

Upload this PowerPoint to your waiting room displays and TV screens.



[DOWNLOAD HERE](#)

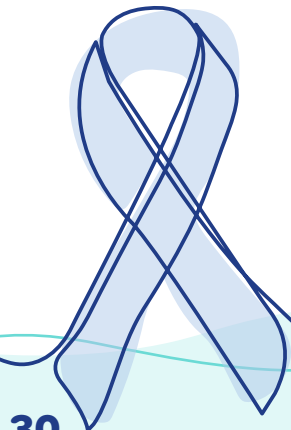
## Mouth Cancer Action: Logos

### Suggested Use:

Use these logos in your marketing and communications work to show your support for the campaign.



[DOWNLOAD HERE](#)



# HOW TO USE THE RESOURCES

Place on noticeboards.

Online through your website and on social media.

Patients communications such as emails and newsletters.

Place on waiting room screens.



# RESOURCES

Here is a summary of all the Mouth Cancer Action Month resources inside this toolkit. Click on the [download](#) buttons below to access the resources to help educate more people about mouth cancer.

RESOURCE	DOWNLOAD	SUGGESTED USE
Mouth Cancer Action Month 2022: Poster	<a href="#">DOWNLOAD</a>	Print off this poster and place it around the workplace noticeboard or patient waiting rooms.
Mouth Cancer Action Month 2022: Social Graphics	<a href="#">DOWNLOAD</a>	Post these social graphics on your social media pages.
The State of Mouth Cancer: UK Report 2020/21	<a href="#">DOWNLOAD</a>	Share this with colleagues and peers and use it as a conversation starter for taking action against the harm caused by mouth cancer.
The State of Mouth Cancer: UK Report 2020/21: Social Graphics	<a href="#">DOWNLOAD</a>	Post these social graphics on your social media pages.
Mouth Cancer Signs & Symptoms: Poster	<a href="#">DOWNLOAD</a>	Print off this poster and place it around the workplace noticeboard or patient waiting rooms.
Mouth Cancer Signs & Symptoms: Social Graphics	<a href="#">DOWNLOAD</a>	Post these social graphics on your social media pages.

RESOURCE	DOWNLOAD	SUGGESTED USE
Mouth Cancer Risk Factors: Poster	<a href="#">DOWNLOAD</a>	Print off this poster and place it around the workplace noticeboard or patient waiting rooms.
Mouth Cancer Risk Factors: Social Graphics	<a href="#">DOWNLOAD</a>	Post these social graphics on your social media pages.
Mouth Cancer Stories: Posters	<a href="#">DOWNLOAD</a>	Print off these posters and place it around the workplace noticeboard or patient waiting rooms.
Mouth Cancer Stories: Social Graphics	<a href="#">DOWNLOAD</a>	Post these social graphics on your social media pages.
Mouth Cancer Self Examination Video	<a href="#">DOWNLOAD</a>	Share this video with patients on social media.
Blue Wednesday: Social Graphics	<a href="#">DOWNLOAD</a>	Post these social graphics on your social media pages.
Mouth Cancer Action: Corporate Support Pack	<a href="#">DOWNLOAD</a>	Share this with your HR team or office managers.
Template Press Release	<a href="#">DOWNLOAD</a>	Fill in this template press release and send it to your local newspapers and radio stations.
Waiting Room Powerpoint	<a href="#">DOWNLOAD</a>	Upload this PowerPoint to your waiting room displays and TV screens.
Mouth Cancer Action Month logos	<a href="#">DOWNLOAD</a>	Use these logos in your marketing and communications work to show your support for the campaign.





# CONTACT US

If you have questions or enquiries, need help and support, or just want to give us some feedback, please get in touch with us, we want to hear from you.



You can speak to us by calling our team on **+44 (0)1788 546 365**.

Our office hours for telephone enquiries are **09:00 - 17:00 Monday to Friday**.

You can also get in touch by email, writing to **mail@dentalhealth.org**.

For general mail, our postal address is:

**Oral Health Foundation**

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CV22 6AJ, United Kingdom.

You can also contact our team on **Facebook** and **Twitter @dentalhealthorg**

