

*Thousands of people beat cancer every year.
When cancer is diagnosed at an early stage,
treatment is often simpler and more likely to
be successful.*

So finding cancer early can make a real difference.

ROKO CANCER CHARITABLE TRUST & MKC Trust (Roko Cancer Campaign) are non-profit charities working towards the cause of creating Awareness and Early Detection of Breast, Cervical and women cancers in the urban, semi urban and rural areas of India, through its fully equipped Mobile Cancer Detection Unit. The Charity conducts free Mammograms.

ROKO, Like the name suggests is a mission to stop, fight cancer and eventually eradicate it completely from human life. While the task is uphill and strides are small, yet, we have made humble successes in this direction. You will be pleased to know that our trust (Roko Cancer) has been the leader by launching India's 1st fully equipped Mobile Cancer Detection Units. These units have been conducting Mammograms and Pap smear tests for the women. These Mobile units have been active in **17 States and Union Territories** of India. In this drive, Roko has covered **50 million population** and conducted **2520 Camps** (Approximately) during the period from 2005 to May 2013.

The trust has provided a healthcare delivery system with latest technology being delivered at the doorstep. Hundreds of women are coming forward in our camps to avail this facility. A helping hand from you or your organization will boost the entire progress and will go a long way in saving many precious lives.

Our future plans are to cover cancers for men and oral cancer in particular.

*Be a part of Roko Cancer Campaign !
You can save a life !*

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Donation to Roko Cancer Charitable Trust are exempted from Income Tax u/s 80G

www.rokocancer.org

**ROKO
CANCER**



What
you
need
to know
about

ORAL CANCER

CANCER

detect



eliminate



ORAL CANCER

ORAL CANCER

Parts of the oral cavity (mouth) are:

- Lips
- Salivary glands (glands that make saliva)
- Roof of your mouth (hard palate)
- Back of your mouth (soft palate and uvula)
- Floor of your mouth (area under the tongue)
- Gums and teeth
- Tongue
- Tonsils

Cancer of the oral cavity can occur in any of the parts of the mouth.

RISK FACTORS

- ❖ **Tobacco:** Tobacco use accounts for **majority** of oral cancers. **Smoking** cigarettes, cigars, or pipes, bidis, **hookahs**; **chewing tobacco**; and snuff cause oral cancer. Heavy smokers who use tobacco for a long time are most at risk. The risk increases manifold even in **passive smokers**.
- ❖ It is very common in people who keep the tobacco between the lip and gum for the whole day or night causing severe damage to the skin of the inside of the lip and gum causing cancer.
- ❖ **Alcohol:** People who drink alcohol are at increased risk of oral cancer. The risk increases if the person also smokes.
- ❖ **Sun:** Cancer of the lip can be caused by exposure to the sun. Using sunscreen or can block the sun's harmful rays.
- ❖ **The risk of cancer of the lip increases if the person also smokes.**

SYMPTOMS

Common symptoms of oral cancer:

- Patches inside mouth or on lips that are white, a mixture of red and white, or red.
- A sore on lip or in mouth that won't heal
- Bleeding in mouth
- Loose teeth
- Difficulty or pain when swallowing
- Difficulty wearing dentures
- A lump in your neck
- An earache

Most often, these symptoms do not mean cancer but a doctor/dentist should be consulted for correct diagnosis.

PREVENTION

- ❖ **STOP TOBACCO USE IN ANY FORM** including passive smoking
- ❖ Limit alcohol consumption
- ❖ Avoid excessive sun exposure
- ❖ Maintain healthy weight, diet and regular exercise
- ❖ Keep good oral hygiene
- ❖ **Go for regular oral (mouth) check-ups** to doctor/dentist specially if you are a smoker/tobacco user or in any other high risk groups

ORAL SELF EXAMINATION

FOR EARLY DETECTION

It should be done in front of the mirror.

Throat and neck: Press gently on both sides of your neck and under the jaw. Leaning neck forward feel the base of your skull, holding the Adams Apple between thumb and forefinger, swallow and check the windpipe

Lips: pull the upper and lower lip put and feel the lips with index finger and thumb

Gums: lift the lips to look at and feel the gums for lumps and bumps

Tongue: stick out the tongue looking at both sides for sores/white/red patches

Cheeks: stretch out your cheeks using index finger and thumb for swelling/white/red patches

Roof of the mouth: using index finger, press gently on the roof of the mouth for any swelling

Floor of the mouth: point the tip of the tongue to the roof of the mouth and feel the floor with your finger.

Tonsils and throat: open the mouth wide and check the back of the mouth (in front of the mirror) for any swelling of the tonsils.

***** Remember, only a physician can make a diagnosis *****