

# Word of Mouth

## Let's fight this together!

Autumn 2025



The autumn edition of our newsletter shines the spotlight on mouth cancer - by raising awareness we can fight this steadily rising global cancer and save lives.

Although you may not realise it, we carry out mouth cancer screening at every dental health examination as standard in a bid to spot any signs early.

This is another reason why it is so important not to neglect your dental health. **If it's been more than 12 months since your last visit, please get in touch to book an appointment.**

The experts don't know what causes most mouth cancers. However, there are several factors that are likely to increase our risk and up to 90% of all mouth cancers are linked to lifestyle factors.

This means that with a few small changes, we can help cut our chances of developing mouth cancer.

If we do not stop or reduce the things that might put us at greater risk, it is important that we do self-checks at home and regularly visit our dental team.

We have listed the most common signs, symptoms and risk factors on page two, so please read on to stay fully informed.

Mouth Cancer Action Month takes place every November. It's a charity campaign organised by the Oral Health Foundation and its website includes a wealth of information and guidance.

Each year the latest facts and figures are released and here are the key ones:

- New cases of mouth cancer in the UK reached 10,825 last year.
- This has increased by 38% in the last decade and by 133% compared with 20 years ago.
- Some 53% of mouth cancers appear on the tongue and tonsils.
- Last year, 3,637 people in the UK lost their life to mouth cancer.
- The ten-year survival rate is between 18% and 57%, depending on where the cancer strikes and how early it is diagnosed.

Two of the best things we can do to prevent mouth cancer are stopping smoking and reducing our alcohol intake.

Smoking increases our risk of developing mouth cancer by up to ten times compared with non-smokers. Around two in every three (more than 60%) mouth cancers are linked to smoking.

Drinking to excess increases our risk and is linked to just under a third (30%) of all mouth cancers. Smoking and drinking together trebles our mouth cancer risk.

If you have any concerns, please contact us.

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## FLASH SALE!

### Enjoy huge savings

Ever thought of straightening your teeth virtually invisibly?

Our amazing flash sale week offers savings of up to £1,200 on Invisalign ultra-clear aligners.

Call us **NOW** to book your free consultation!

# Spotlight: Keep your smile second to naan!

We Brits love a curry. Since the 1970s, curry houses have become a staple of high streets up and down the country and millions of curries are consumed every week.

The 27th National Curry Week took place from the 6th to 12th October 2025 and our love affair with these dishes shows no signs of slowing.

But while they may taste delicious, some curries can play havoc with the colour of our teeth. The main ingredient in curry that stains our teeth is turmeric, a spice known for its deep yellow colour. Other ingredients, such as chili powder, contribute to the intense colours of curry, and the presence of tannins and acids can also increase its ability to stain tooth enamel.

**Turmeric:** this brightly coloured spice contains curcumin, a chemical compound that readily stains and binds to the surface of teeth, leading to discolouration.

**Tannins:** these compounds enhance the ability of pigments to stick to our teeth, creating a more persistent stain.

**Acids:** can weaken our tooth enamel, making it more vulnerable to staining.

## What can you do to prevent stains?

Brush your teeth after a curry to remove staining pigments and



acids - but leave around 30 minutes after eating to allow your enamel to remineralise (a natural repair process).

Incorporating fresh, green leafy vegetables into your curry can help protect your teeth from staining.

Rinsing your mouth with water after eating curry can help flush away food particles and reduce staining.

Enjoying curry in moderation can help limit its impact on your teeth.

Visit your hygienist - we have a range of treatments to remove staining and restore lustre to your teeth. Call us now to book.

## Risk factors, signs and symptoms

Nationally, awareness of the major risk factors of mouth cancer is as low as 8% and it is our mission to change that.

It is so important that we learn more about the risk factors, signs and symptoms and where to go if we spot anything out of the ordinary. By doing this, we can prevent some cases from happening and improve early diagnosis rates.

Long lasting ulcers, red or white patches and unusual lumps and bumps are three common warning signs of mouth cancer. A simple check takes only 45 seconds and could be life-saving.

The everyday choices we make can affect our chances of developing mouth cancer. As mentioned, smoking cigarettes significantly increases our risk of developing the disease.

Regular visits to our dental team are vitally important. Attending appointments as often as we recommend makes it more likely that any problems will be caught as early as possible, including mouth cancer.

The earlier a problem is caught, the easier it tends to be to tackle. Mouth cancer is no exception. The smaller the affected area, the better the chances are of a full recovery. If in doubt, get checked out!

If you are worried about any lumps, bumps, patches or long-lasting ulcers in your mouth, please get in touch straight away so that we can check them out and hopefully put your mind at rest or refer you to the right person.

Visit [www.mouthcancer.org](http://www.mouthcancer.org)  
#MouthCancerAction #Mouthaware for more information.

## Practice news

### Online booking

Don't forget you can now book your appointments online through our website - just visit [www.hagleydentalpractice.co.uk](http://www.hagleydentalpractice.co.uk)

### Text reminders

We recently introduced SMS reminders so you don't miss your appointment - please contact us to make sure your number is up to date.

### Spread the word

Our dentists are welcoming new patients thanks to our extension and addition of dental surgeries. New patients can contact us via phone or email to take advantage of our convenient appointment times and no waiting list!

### Dream smiles!

Did you know that we offer smile consultations to discuss how to improve your smile? Book now!

## Hagley Dental Practice

Hagley Dental Practice  
157 Worcester Road  
Hagley  
DY9 0NW

Tel: 01562 883177

### Opening hours:

Monday:	8.00am - 4.00pm
Tuesday:	8.30am - 5.30pm
Wednesday:	8.30am - 5.30pm
Thursday:	8.30am - 6.30pm
Friday:	8.00am - 2.00pm

[hello@hagleydentalpractice.co.uk](mailto:hello@hagleydentalpractice.co.uk)  
[www.hagleydentalpractice.co.uk](http://www.hagleydentalpractice.co.uk)

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