



# Nutrition Matters

## Life Saving Advice About Oral Cancer

Oral cancer is a disease in which cancer cells are found in the tissues of the lip or oral cavity (inside of the mouth).

### Oral Cancer Self-Exam

- ❖ **Lips**  
Pull your lower lip down and look for sores or color changes
- ❖ **Inside of Cheeks**  
Look for red, white, or dark patches or lumps on the sides of your mouth
- ❖ **Roof and floor of mouth**  
Check the top and bottom of your mouth for swelling or bumps
- ❖ **Head and neck**  
Look for any lumps or swellings that are only on one side of your head and neck
- ❖ **Face**  
Check the skin for changes in color or size, sores, moles or growths
- ❖ **Neck**  
Check for tenderness along the front and sides of your neck

**\*\*\*If you find anything not normal, or if you have something that does not heal or go away in 2 weeks, talk to your dentist or doctor.\*\*\***

Source: Perno Goldie M: Oral Cancer. Access 2002; (4) 16:32-38.

## Oral Hygiene - More Than a Mouthful

Years ago, a lot of adults had a gap-toothed grin from missing teeth. Painful toothaches, bleeding gums, and bad breath were common for many people. Today we know how to prevent tooth decay and gum disease. The daily care that you do makes the biggest difference.

### The Basics:

- ❖ Always brush after eating
- ❖ Floss or clean between your teeth daily
- ❖ Dentures (full or partials) should be brushed daily with a soft toothbrush or a denture cleaning brush
- ❖ Replace your toothbrush every 3-4 months
- ❖ Don't eat a lot of sweets and foods that stick to your teeth

**Get a grip on your toothbrush & floss. Try these tricks if you have trouble holding your toothbrush or floss.**

- ❖ Insert the toothbrush handle into a rubber ball or sponge hair curler to make it easier to hold
- ❖ An electric toothbrush may be easier to hold than a regular toothbrush
- ❖ Tie the floss into a loop for easier handling or use one of the dental floss products sold in stores

### Dry mouth:

- ❖ Is often a side effect of medications used to control hypertension (high blood pressure), depression, Parkinson's disease, and other illnesses
- ❖ Increases the risk of cavities and gum disease
- ❖ To restore moisture, drink plenty of fluids, use sugar free candy, sugar free gum, or oral rinses



**What can I do to maintain my oral health?**

- ❖ Drink fluoridated water. Philadelphia adds fluoride to the tap water.
- ❖ Use fluoride toothpaste
- ❖ Go to the dentist. Professional care helps to maintain the teeth and mouth and provides early detection of oral cancer.
- ❖ Do not smoke or chew tobacco
- ❖ Limit alcohol

**Prevention is the key!**

Source: <http://www.adha.org>



# Nutrition Matters

*Be Safe: Ask Your Health Professional*

## Be Sure to Be Hydrated!

### What can happen if I dehydrate?

- Increased heart rate
- Increased body temperature
- Heat cramps
- Heat stroke

### Dehydration

Dehydration can happen for a few reasons. Dehydration can result from:

- Losing too much fluid, as with vomiting or diarrhea
- Medications, like water pills
- Not drinking enough water, or other fluids
- Drinking too much alcohol

### Important tips for hydration:

- Drink at least 6 – 8 glasses of water a day.
- Drink water throughout the day. Don't wait until you feel thirsty.
- Keep water nearby all day.
- Beverages such as coffee, tea, soda or alcohol are not a substitute for water.

### Tips to drink 6 – 8 glasses each day

- Drink 2 glasses of water with each meal.
- Drink a glass of water while you get dressed in the morning.
- Add a slice of lemon or lime to your water.
- Keep a bottle of water with you all day.
- Have hot water with a drop of honey instead of coffee or tea.
- Sip with a straw.

### Why do we need water?

The human body is more than half water! It is impossible to live more than a week without it. Water plays an important role in every organ and bodily function. Our blood is 83% water, our muscles are 76% water and our bone is 22% water. Water is important to every body fluid as well, from saliva to urine. It is in your cells and around your cells, adding protection. Water allows us to digest our food and excrete waste.



### How much water do I need?

Most people need about 6-8 glasses of water each day. Caffeine-containing beverages (coffee, tea, soda) should not be included in this amount because caffeine causes you to lose

water! You may need to drink more water when you are sick or during very hot days. We lose water every time we breathe, cough, sneeze, urinate, sweat, and even more! It is very important to replace the water that we lose throughout the day.

### What happens if we don't drink enough water?

Dehydration is the condition that results from excessive loss of water from the body. Your body requires a certain amount of water in order to work properly. Drinking and eating help to replace the fluids that we use. When your body loses too much water, it can become dehydrated. You can also become constipated if you don't drink enough water.

