

Open up to...

mouth cancer



Look out for...

- an ulcer or sore in your mouth
- a red or white patch in your mouth
- an unexplained pain in your mouth or ear
- an unexplained lump in your neck
- a sore or painful throat
- a croaky voice or difficulty swallowing



See your doctor or dentist if any of these symptoms last longer than **3 weeks**

reduce *the* risk

NHS

CANCER RESEARCH UK



You are more at risk if you are over 40 and drink heavily or smoke. Visit www.openuptomouthcancer.org