



TIME TO CHECK

Be Mouthaware

A simple check for mouth cancer takes less than 1 minute and can save your life. Look for any signs in the mouth, tongue, lips, head and neck. If you spot anything out of the ordinary, visit your dentist.

The signs of mouth cancer

- Mouth ulcers that last more than 3 weeks.
- Red or white patches in the mouth.
- Unusual lumps or swellings.

