

# HOW TO SPOT MOUTH CANCER



## WHERE TO CHECK FOR MOUTH CANCER

Look at your **cheeks, gums, lips, tongue** and **tonsils**.

Also check the **roof** and **floor of your mouth**, as well as your **head** and **neck**.

## WHAT SHOULD YOU BE LOOKING FOR

**Mouth ulcers** that do not heal within 3 weeks.

**Red or white patches** in the mouth.

Unusual **lumps** or **swellings** in the mouth, head and neck.

