



**Mouth Cancer
Action Month**
November 2021
Oral Health Foundation

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.

#MouthCancerAction



www.mouthcancer.org