



## **Do you know the signs?**

### **Mouth Cancer**

If you have any of these three key signs and symptoms of mouth cancers for three weeks, see your dentist or GP surgery:

- ulcers which don't heal after three weeks
- red and white patches in the mouth
- unusual lumps or swellings in the mouth
- Regular dental check-ups include checks for signs of mouth cancer as well as tooth decay.

### **Throat Cancer**

Visit your GP surgery if you have any of these four key symptoms of throat cancer for more than three weeks:

- a croaky voice
- an unexplained lump in your neck
- pain when swallowing
- a feeling of a lump in your throat

## **How to reduce your risk**

Making simple lifestyle changes can reduce your chance of developing these cancers:

- quit smoking or chewing tobacco
- avoid drinking large quantities of alcohol
- eat a diet high in fruit and vegetables

**For more information visit [cancermatterswessex.nhs.uk](https://cancermatterswessex.nhs.uk)**