

# Fighting mouth cancer

Ulcers which  
do not heal  
within three  
weeks

Red &  
white patches  
in the mouth

Lumps or  
swellings in  
the mouth or  
head & neck  
area

If in  
doubt get  
checked  
out!

[www.mouthcancer.org](http://www.mouthcancer.org)

The two leading causes of mouth cancer in the UK are drinking too much alcohol and smoking. To reduce your risk

## visit your dentist regularly

As part of your routine check-up, your dentist will examine your mouth and check for signs of mouth cancer. The outlook is much better if the cancer is diagnosed early.

To find a dentist near you visit [www.nhs.uk](http://www.nhs.uk) or phone **111**