

HEAD AND NECK CANCER: KNOW THE SIGNS AND SYMPTOMS



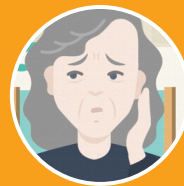
Sore tongue, mouth ulcer, red or white patches in mouth



Neck lump



Pain in throat



Ear pain



Hoarse voice



Painful or difficulty swallowing



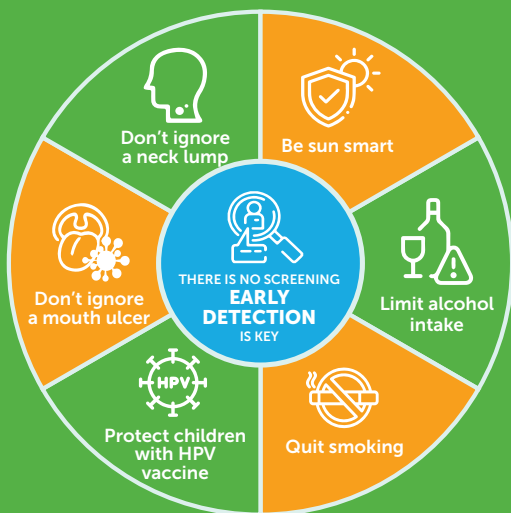
Blocked nose on one side and/or bloody discharge



A bulging or watery eye

**IF YOU HAVE ANY ONE SYMPTOM FOR THREE WEEKS
SEEK MEDICAL ADVICE**

HOW TO REDUCE YOUR RISK OF HEAD AND NECK CANCER



WE'RE HERE FOR EVERY AUSTRALIAN FACING HEAD AND NECK CANCER

Head and Neck Cancer Australia is the only national charity dedicated to supporting people through one of the toughest journeys of their lives. We provide free information, guidance, resources and support to patients, families and carers across Australia.

Your support matters

Every donation helps us provide free support and educate Australians about early detection. Thank you for helping us give hope, strength and a voice to people facing Head and Neck Cancer.

Donations of \$2 and over are tax deductible.



ORAL CANCER SELF-EXAMINATION GUIDE

Many early signs of oral cancer - also called mouth cancer - can be seen in your mouth, lips, or throat.

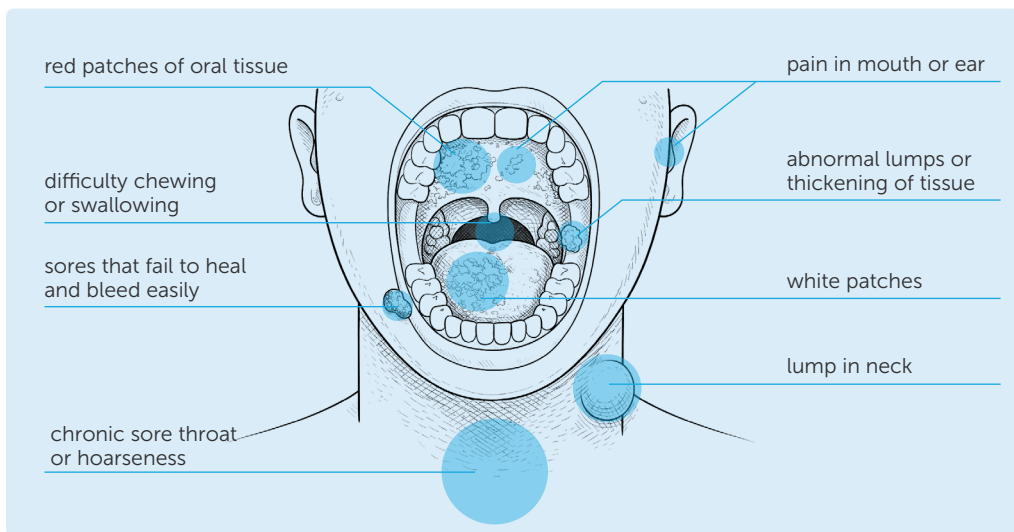
Doing a quick self-check each month can help you spot changes early, and early detection really does save lives.

You'll need:

- A hand-held mirror
- Clean hands
- Your phone torch

Look for anything unusual that:

- Lasts longer than 2 weeks
- Keeps coming back
- Changes over time
- Doesn't heal



You know your own body better than anyone else. If you think that something isn't right, or you notice any signs of Head and Neck Cancer, speak to a Doctor or Dentist.

Important: This guide is for general awareness only. If someone notices anything unusual or persistent, they should see a GP, dentist, or specialist promptly.



"I thought it was just a mouth ulcer."

Listen to young mum Olivia talk about being diagnosed with tongue cancer.
Watch the video by scanning the QR code

