

Check yourself for:

- S**welling or lumps
- C**hewing or swallowing problems
- U**lcers, sores or patches
- L**oss of voice or change in voice
- P**ain or numbness you can't explain
- T**ooth problems you can't explain



Mouth, head and neck cancer



If it's been
3
weeks
you need to speak

Contact the Irish Cancer Society Support Line
Freephone 1800 200 700 or supportline@irishcancer.ie
We can also set up a video call or a phone interpreter in your language.