

COULD YOU SPOT THE SIGNS OF HEAD & NECK CANCER?

Take just 2 minutes to check - it could **save your life**

- Head Neck Check is a simple 6-step self-check that could help you spot the early signs of head and neck cancer
- No special equipment needed - just a mirror and clean hands

By using the **HELP US** method you can catch signs early and act fast

NOTICED ANY OF THESE SYMPTOMS?



H E L P U S

Hoarseness

Ear pain

Lump

Pain

Ulcer

Swallowing

**ONE OR MORE SYMPTOMS LASTING LONGER
THAN 3 WEEKS?**

DON'T WAIT. CONTACT YOUR GP OR DENTIST.

Visit: www.headneckcheck.com

Developed in partnership with leading clinicians

