

What to do if something doesn't feel right

If any symptoms last longer than three weeks, speak to your GP or dentist.

Early diagnosis can save lives.



Get In Touch

Visit

www.headneckcheck.com

Email

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COULD YOU SPOT THE SIGNS OF HEAD AND NECK CANCER?

A quick guide to checking yourself at home



HELP US HELP U METHOD

The 2-minute self-check that could save your life - and someone else's

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, clean hands, and two minutes of your time.

By using the **HELP US** method - checking for Hoarseness, Ear pain, Lumps, Pain, Ulcers and Swallowing - you can catch signs early and act fast.



Hoarseness

Say your name out loud. Listen closely. Does it sound different?



Ear pain

Take notice of any ear pain, especially if it's one-sided and unexplained.



Lump

Run your fingers along your neck, jaw, and under your chin. Do you notice any unusual lumps, bumps, or swelling?



Pain

Do you have any throat pain that doesn't go away or keeps getting worse? Is it only on one side?



Ulcer

Check inside your mouth. Look and feel for ulcers, red or white patches, or anything new.



Swallowing

Take a sip of water. Notice anything unusual? Pain? Discomfort? A sticking sensation?

1 or more symptom that doesn't go away after **3 weeks?**

Contact your GP or dentist.