

# Perci Health

## Up to 88% of head and neck cancers are preventable



- **New or persistent symptoms?**
- **Worried or unsure?**
- **Speak to your GP**

These symptoms don't always mean cancer, but should be checked:

- 01 Mouth ulcers that don't go away
- 02 Red or white patches in the mouth
- 03 A lump in the neck, on the lip or inside the mouth
- 04 A persistent sore tongue or throat

**Men are three times more likely than women to get head and neck cancers**

If you smoke, drink alcohol, are overweight or obese or have had HPV, your risk is higher.

- **Know the signs**
- **Act early**
- **Talk to your GP**

## World Head and Neck Cancer Day

27<sup>th</sup> July 2026