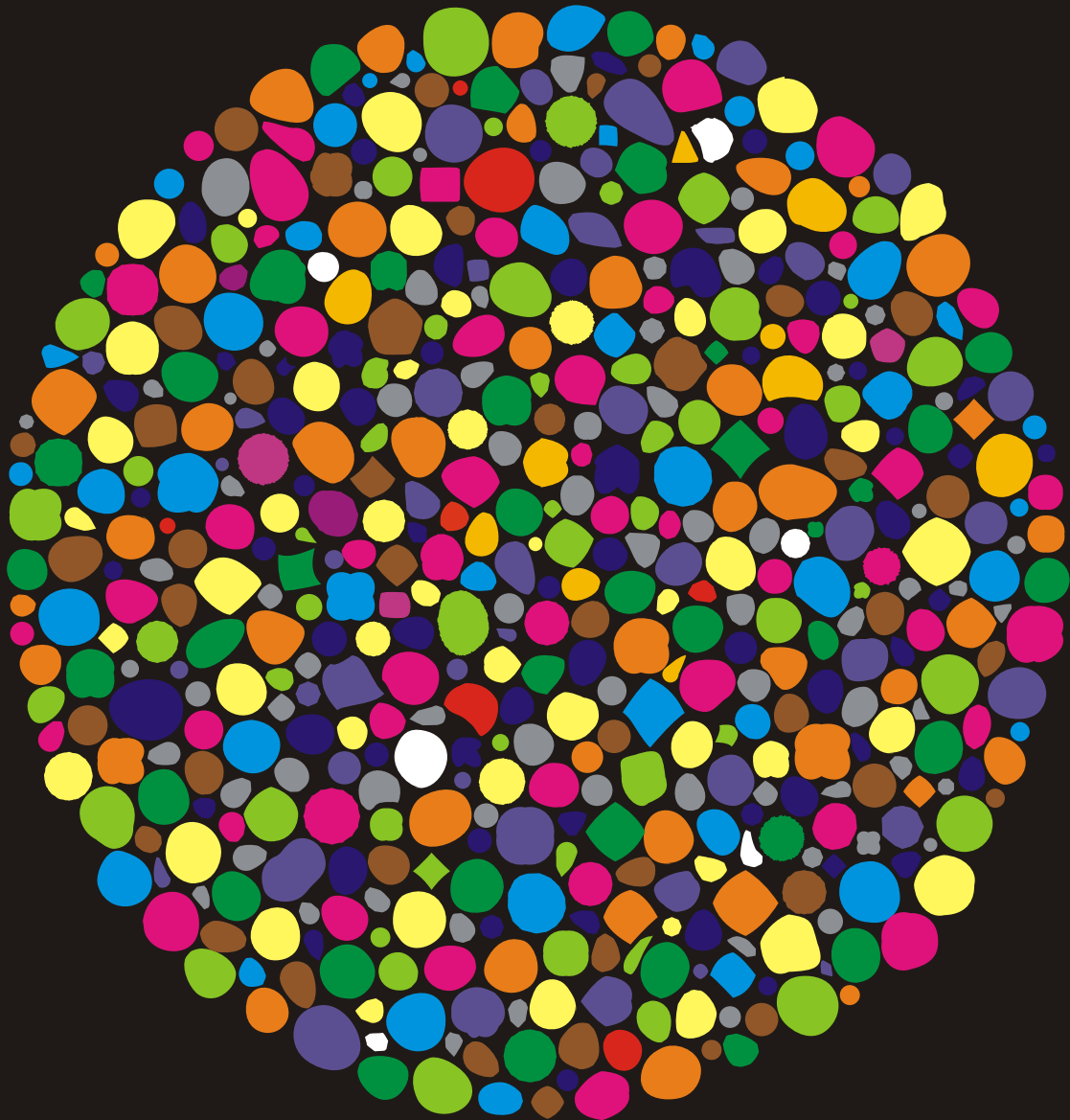


LOOK FOR RED AND WHITE SPOTS.



IN YOUR MOUTH, THEY COULD MEAN ORAL CANCER.

IF YOU NOTICE ANY, CONSULT A DOCTOR IMMEDIATELY.

To know more, turn over.

Oral cancer is one of the most common cancers in India.

Use of tobacco is the most important cause of oral cancer. The biggest action you can take to prevent this deadly disease is stopping tobacco use in any form.

Examine your mouth regularly to detect symptoms early.

How to examine your mouth?

- Stand before a mirror in adequate light
- Examine your mouth, through the mirror reflection, for any red or white patch, or any other abnormal area
- Feel the suspicious area with your fingers

Symptoms

- Raised white or red patch/ sloughing ulcer/ hard mass
- Pain/ difficulty in opening mouth or swallowing/ lump in the neck

If you notice any such changes, consult a doctor immediately.

Remember, oral cancer can be cured if detected early and treated promptly.

