

我的喉嚨酸
痛，一直都
不會好，我
不很高興，去
很看了全科醫生

**WE ARE
MACMILLAN.
CANCER SUPPORT**

我們都時常在關心自己的健康。如果您有任何困擾著您的症狀，您最好儘早去看全科醫生，並進行檢查。

雖然並不常見，但是癌症也可能發生在頭部和頸部的某些部位，例如口腔、咽喉、鼻部或唾液腺。

下面列出了頭部和頸部癌症最常見的症狀。所有這些症狀也可能是由癌症之外的其他疾病引起的。

- 持續數週尚未痊愈的口腔潰瘍
- 吞咽困難，或咀嚼或吞咽時疼痛
- 嗓音嘶啞或講話困難
- 呼吸持續作響
- 喉嚨持續酸痛
- 影響頭部一側的耳痛
- 口腔或頸部腫脹或出現腫塊
- 口腔或嘴唇感覺麻木
- 無法解釋的牙齒掉落
- 持續鼻塞
- 週期性發生的流鼻血
- 耳鳴或聽不清

請記住，癌症發現得越早，
成功治愈的可能性就越大。

如果您需要支援或只是想和別人談談，
請致電免費電話 **0808 808 00 00**
聯絡 Macmillan，或造訪 **macmillan.org.uk**。



**MY SORE
THROAT JUST
WASN'T
GETTING
BETTER – I'M
GLAD I WENT
TO MY GP**

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We all worry about our health at times. If you have a symptom that's been bothering you, it's best to visit your GP as early as possible to get it checked out.

Although it's not common, cancer can occur in a number of areas in the head and neck, including the mouth, throat, nose or salivary gland.

Here are some of the most common symptoms of head and neck cancers. All these symptoms may also be caused by conditions other than cancer.

- An ulcer in the mouth that doesn't heal within a few weeks
- Difficulty in swallowing, or pain when chewing or swallowing
- A hoarse voice or trouble speaking
- Persistent noisy breathing
- A constant sore throat
- An earache affecting one side
- A swelling or lump in the mouth or neck
- A numb feeling in the mouth or on the lips
- An unexplained loose tooth
- A persistent blocked nose
- Recurrent nosebleeds
- Ringing in the ear or difficulty hearing.

Remember, the earlier a cancer is found the more likely it is that treatment will be successful.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**

