

Buai na sik kensa long maus

Pasin bilong kaikai ol dispela samting long olgeta de i save kamapim sik kensa long maus



Ol mak na mak bilong sik kensa long maus



Wanpela bilong ol dispela samting i go inap long tripela (3) wik:

- Wanpela retpela, waitpela, o blakpela mak long maus
- Wanpela sua i kamap long maus, nek, o pes
- Ol i gat sua (long maus, long tang, o long wasket)
- Ol samting i no stret na blut i save kapsait taim man i putim han long en
- Pen o i hatwok long daunim, toktok, kaikaim, o sekim maus o tang
- Sua insait long nek or maus
- Maus o pes bilong yu i no strong tumas.

Olsem wanem mi inap daunim sik kensa long maus na mekim gut skin bilong mi?



Yu no ken yusim buai na ol dispela buai samting



Brusim tit tupela taim long olgeta de long toothpaste i gat fluoride long en, na yusim flos bilong stretim tit long olgeta de



No ken dring planti alkohol



No ken smok, na no ken yusim ol tabak samting



Go lukim dentis long olgeta de 6 i go inap 12 mun



Toktok wantaim dentis o dokta bilong yu long ol hevi bilong tit na maus.

Yu ken skanim QR kod bilong save yu inap long kisim helpim long sait bilong helt bilong tit o yu ken ring long 1300 300 850.



Toksave na helpim long sik kensa

Kaunsil Bilong Sik Kansa

- Ol i no gat pe na ol i no ken tokaut long narapela
- Ringim 13 11 20
- Go long dispela web-sait:
cancer.org.au/support-and-services



Askim wanpela man bilong tanim tok sapos yu nidim wanpela. Em i no gat pe bilong en.



Betel nut & oral cancer

Regular use of betel nuts and betel nut products increases the risk of oral cancer.



Signs & symptoms of oral cancer



Any of these symptoms

that continue for more than three (3) weeks:

- A red, white, or black patch in the mouth
- A lump in the mouth, neck, or face
- An ulcer (a sore on the lips, tongue or cheek)
- Any abnormality that bleeds easily when touched
- Pain or difficulty swallowing, speaking, chewing, or moving the jaw or tongue
- Soreness in the throat or mouth
- Numbness in the mouth or face.

How do I reduce my risk of oral cancer and improve my oral health?



Avoid using betel nuts and betel nut products



Brush your teeth two (2) times a day with fluoride toothpaste, and floss your teeth daily



Limit alcohol intake



Avoid smoking, vaping and using tobacco products



Get regular dental checks every 6 to 12 months



Speak to your dentist or doctor about any teeth and mouth problems.

Please scan the QR code to check your eligibility for free dental care or call 1300 300 850.



Cancer information & support

Cancer Council

- Free and confidential
- Call 13 11 20
- Visit the website:
cancer.org.au/support-and-services



Ask for an interpreter if you need one. It is free.

