

SELF-EXAMINATIONS CAN HELP YOU DETECT ORAL CANCER.

EARLY DETECTION IS KEY.

Self-exams are fast, safe, and easy. Simply check your face, mouth, and throat once a month to see if you notice any of the following:



A sore on the lip or mouth that doesn't heal



A lump on the lip or in the mouth or throat



A white or red patch on the gums, tongue, or mouth



Unusual bleeding, pain, or numbness in the mouth



Persistent sore throat, or a throat blocking sensation



Difficulty or pain with chewing or swallowing



Persistent cough or hoarseness



Moles that change in color or size

If you find any of these warning signs, it doesn't mean that you have cancer. You should have the condition examined by your physician or dentist. Your healthcare provider should check for oral cancer as part of every check up.

YOU ARE AT GREATEST RISK IF YOU:



Use tobacco: (i.e. cigarettes, smokeless tobacco, cigars, and/or pipes)



Drink alcohol heavily



Stay in the sun without sunblock or lip balm



Have a diet low in fruits and vegetables

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1-2. Lips

Pull your upper and lower lip out and feel your lips with your index finger and thumb. Check for swelling, tenderness, or changes in color.

3. Cheeks

Using your index finger and thumb, pull your cheeks out. Look inside to check for swelling, sores, or changes in color.

4. Gums

Lift your lips to look at and feel your gums for lumps, bumps, sores, bleeding, or changes in color.

5. Roof of Mouth

Using your index finger, press gently on the roof of your mouth, feeling for lumps, swelling, or soreness.

6. Tonsils & Throat

Open your mouth and check your tonsils and throat for lumps, swelling, or changes in color.

7. Floor of Mouth

Point the tip of your tongue to the roof of your mouth and feel the floor of your mouth for lumps or changes in color.

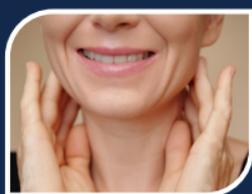
8. Tongue

Point the tip of your tongue to the roof of your mouth and feel the floor of your mouth for lumps or changes in color.



Face

Feel your face with your fingertips. Look for changes in skin color, moles, lumps, bumps, and sores. Check for evenness of your face. Both sides should be the same size and shape.



Neck

Press gently on both sides of your neck and under your jaw, checking for lumps and bumps. Leaning your neck forward, feel the base of your skull for any swollen or tender areas.



Throat & Neck

Hold your Adam's apple between your thumb and forefinger. Swallow and check your windpipe for any lumps or bumps.