

# ORAL CANCER SELF EXAM

Up to 90% of oral cancer cases can be treated in the early stages. Make examining your mouth part of your daily oral hygiene regimen.

## HEAD & NECK

Look at your face and neck in the mirror. Normally, the left and right sides of the face have the same shape and are symmetrical. Look for any lumps, bumps, or swellings occurring on only one side of your face.

## NECK

Press along the sides and front of the neck for lumps or tenderness.

## CHEEK

Examine your inner cheek for red, white, or dark patches. Put your index finger on the inside of your cheek and your thumb on the outside. Gently squeeze and roll both sides of your cheeks between your fingers to check for any lumps or areas of tenderness.

## FLOOR OF MOUTH & TONGUE

Extend your tongue and look at the top surface for color and texture. Pull your tongue forward to look at both sides for any swellings or color changes. Examine the underside of the tongue by placing the tip of your tongue on the roof of your mouth. Look at the floor of your mouth and the underside of your tongue for color changes, and press your finger against the underside of your tongue to feel for any lumps or swellings.

## FACE

Examine the skin on your face for changes in color or size, sores, moles, or growths.

## LIPS

Pull your lower lip down and look for sores or color changes. Then, use your thumb and forefinger to feel the lip for lumps, bumps, or changes in texture. Repeat this on your upper lip.

## ROOF OF MOUTH

Tilt your head back and open your mouth wide to look for any lumps and see if the color is different from usual. Touch the roof of your mouth to feel for any lumps.

## REMEMBER

If you find anything out of the ordinary, something which does not heal or go away in 2 weeks, or has recently changed, discuss it with your dentist.