The 2 minute do it yourself self-examination that could save your life!

Examine yourself once a month using our 2 minute self check guide below! All you need is a mirror, a good light source and clean fingers!

1. **Face**
   - Look at the whole face - are there any swellings you haven’t noticed before? Inspect your skin - has anything changed recently? Have moles become larger or started to itch or bleed. Turn your head from side to side - this stretches the skin over the muscles making lumps easier to see.

2. **Neck**
   - Run your fingers under your jaw and feel along the large muscle either side of neck using the balls of your fingers. Are there any swellings? Does everything feel the same on both sides?

3. **Lips**
   - Use your index, middle finger and thumb to feel the inside of your mouth. Pull your upper lip upwards and bottom lip downwards. Look inside for any sores or changes in colour.

4. **Gums**
   - Use your thumb and forefinger. Examine your gums feeling around the gum for anything unusual.

5. **Cheeks**
   - Open your mouth and pull your cheeks away, one side at a time, with your finger. Look for any red or white patches. Does everything feel the same on both sides? Use your finger in the cheek to check for ulcers, lumps or tenderness. Repeat on the other side. Your tongue can be helpful to locate sore areas, ulcers or rough patches.

6. **Tongue**
   - Gently pull out your tongue and look at one side first and then the other. Look for any swelling, ulcers or change in colour. Examine the underside of your tongue by lifting the tip of your tongue to the roof of your mouth.

7. **Floor and Roof of Mouth**
   - Tilt back your head and open your mouth wide to inspect the roof of your mouth. Look to see if there are changes in colour or ulcers. Check for changes in texture with your finger. Lift your tongue up and look underneath at the floor of your mouth. Look for any colour changes that are unusual. Gently press your finger along the floor of your mouth and under your tongue. Feel for any lumps, swellings or ulcers.

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### Symptoms
- An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks.
- A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- Difficulty in swallowing, chewing or moving the jaw or tongue.
- Numbness of tongue or other area of the mouth.
- A feeling that something is caught in the throat.
- A chronic sore throat or hoarseness that persists more than 6 weeks.
- Unexplained looseness of teeth.

### Risk Factors
- Tobacco use is the main cause of mouth cancer.
- Drinking alcohol to excess can increase risks four fold.
- Drinkers and smokers are 30 times more likely to develop mouth cancer.
- Poor diet and social deprivation is linked to a third of all cancer cases.
- The Human Papilloma Virus (HPV), transmitted through oral sex, could overtake tobacco and alcohol as the main risk factor within the next decade.
- Exposure to the sun is a cause of skin cancer which can affect the lips and face.

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### Facts About Mouth Cancer
- 1 person every 3 hours is lost to Mouth cancer
- Over 8,300 new cases in the UK each year
- Each year 2,700+ lives are lost to Mouth Cancer
- Worldwide Mouth Cancer affects 650,000 per year
- Mouth Cancer is twice as common in men than in women
- 78% of cases occur in the 55 age group

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To make a donation or for FREE information visit www.mouthcancerfoundation.org

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Alternatively you can email info@mouthcancerfoundation.org