Oral Cancer Self Exam

Early detection is key

Perform this 7-step oral cancer self-exam each month

2 MINUTES THAT COULD SAVE YOUR LIFE

1 Face
Look for swellings you have noticed before and inspect your skin.

2 Neck
Run your fingers under your jaw and feel either side of your neck - are there any swellings?

3 Lips
Pull your upper lip upwards and bottom lip downwards - look inside for any sores or changes in colour.

4 Gums
Examine your gums feeling around the gum for anything unusual.

5 Cheeks
Look for any red or white patches. Check for ulcers, lump and tenderness.

6 Tongue
Look for swelling, ulcers or change in colour. Examine the underside of your tongue.

7 Floor and roof of mouth
Tilt your head back and open your mouth. Look for changes in colour, ulcers or swelling.

TIP
Use a bright light and a mirror

80% – 90%
Survival rate when oral cancers are found at early stages of development

Regular self-exams increase the chance of identifying changes or new growths early

Be on alert for

Don’t ignore any suspicious lumps or sores. Should you discover something, make an appointment for prompt examination

- Difficulty in chewing or swallowing
- A mass or lump in the neck
- Chronic sore throat or hoarseness
- An abnormal lump or thickening of tissues
- Erythroplakia: Red patches of the oral tissues
- Leukoplakia: White patches of the oral tissues
- Erythroleukoplakia: Red and white patches of the oral tissues

The earlier the cancer is detected, the easier the treatment, the greater the chance of a cure.