

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

TIP Use a bright light and a mirror

- 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.

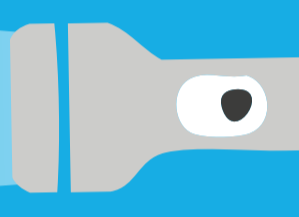


80% - 90%

Survival rate when oral cancers are found at early stages of development

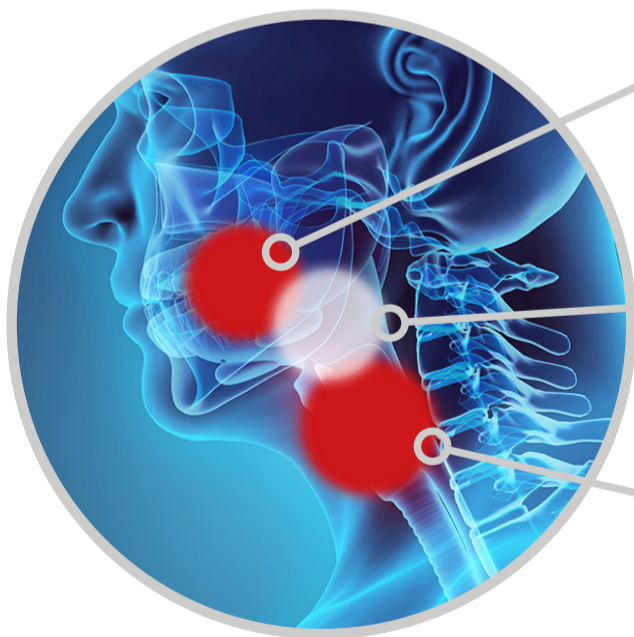


Regular self-exams increase the chance of identifying changes or new growths early



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

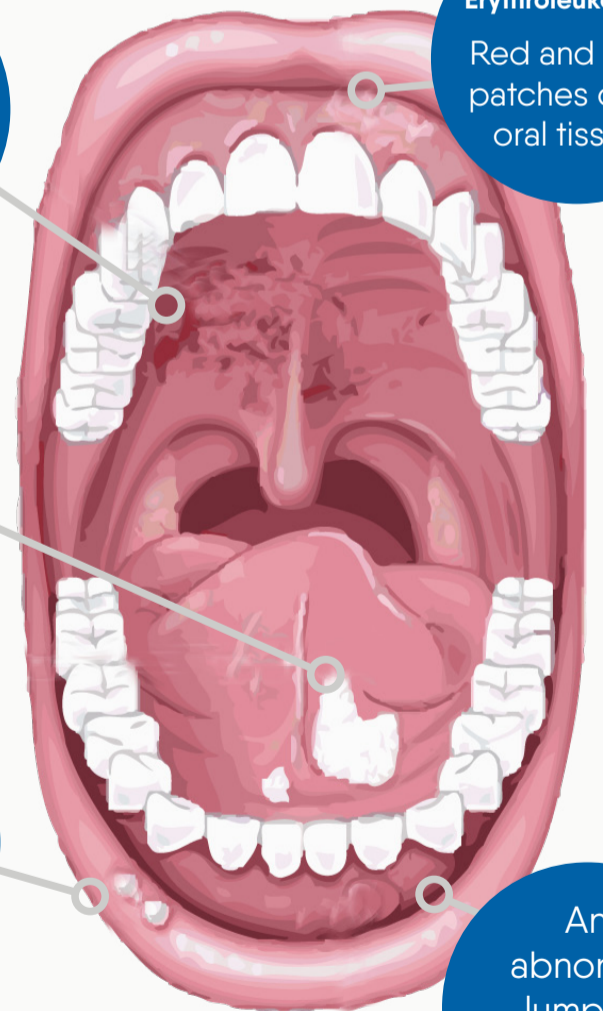
Erythroplakia
Red patches of the oral tissues

Leukoplakia
White patches of the oral tissues

A sore throat that fails to heal and bleeds easily

Erythroleukoplakia
Red and white patches of the oral tissues

An abnormal lump or thickening of tissues



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

24/7 Patient and Carer support line service:
07504 725 059
theswallows.org.uk



The Swallows
Head & Neck Cancer Support Group
Registered Charity Number: 1149794



Mouth Cancer FOUNDATION

Awareness and Support

Advice Line:
01924 950 950
Head office:
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mouthcancerfoundation.org