

Self Check



Are you checking for
Mouth Cancer
once a month?



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**!

Follow the step by step guide. At each step you are looking for anything unusual especially any lumps, red or white patches, changes in colour/texture or lingering ulcers. If you are worried ask a friend to check!

01 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.

02 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?



03 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.



04 Gums

Use your thumb and forefinger. Examine your gums feeling around the gum for anything unusual.

05 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.

06 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.



07 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. Gently press your finger along the floor of your mouth and under your tongue. Feel for any lumps, swellings or ulcers.



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 loosening 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.

Facts About Mouth Cancer

1 person every
3 hours
is lost to
Mouth cancer

Over
8300
new cases in the
UK each year

Each year
2700+
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
Over 55
age group

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

Advice Line: 01924 950 950 • Head Office +44 (0) 208 940 5680
Alternatively you can email info@mouthcancerfoundation.org

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