

Oral Cancer Self Screening

The 2-minute do-it-yourself self-examination



Are you checking your mouth for cancer once a month? Do it regularly and save your life!

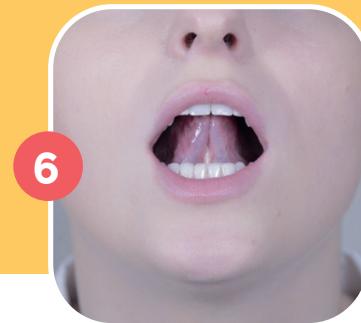
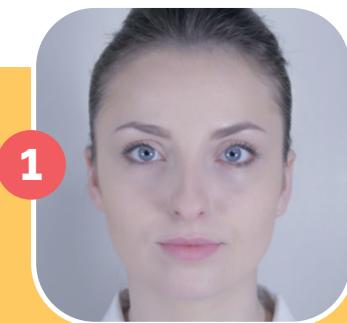
How do I perform a self-examination?

1. Face: Look at yourself in the mirror. Both sides of your face and neck should look nearly the same. Look at the skin on your neck and face for any changes in color, lumps or sores.

2. Neck and Jaw: Gently feel your neck and jaw for any swelling or tenderness or a painless, firm, non-moving lump on the outside of the neck or black discoloration or bleeding.

3. Lips: Look for sores or any changes in color or texture.

4. Gums: Use your fingers to raise upper and lower lips to check color and conditions of the gums. Check for swelling, red, white, or black discoloration or bleeding.



5. Cheeks: Using your fingers draw back the side of the mouth to check inside the cheeks.

6. Tongue: Stick the tongue out and move it side to side, check as far back as can be seen in the mirror, and feel the area. Look for unusual lumps, white or red patches.

7. Floor and Roof of Mouth: Check the sides and underneath your tongue. Check the upper palate as far back as you can see.

Scan to watch
how to perform a
self-examination:



Early detection is key!

If you notice any abnormalities during self-examination, immediately consult your dentist or healthcare provider. It is important to note that self-examination is not a substitute for a professional evaluation.