

Oral Cancer Self-Exam

Early detection is key



Perform this 6-step oral cancer self-exam each month

Using a bright light and a mirror:

- 1 Remove any dentures.
- 2 Look and feel inside your lips and the front of your gums.
- 3 Tilt your head back to inspect and feel the roof of your mouth.
- 4 Pull your cheek out to inspect it and the gums in the back.
- 5 Pull out your tongue and look at its top and bottom.
- 6 Feel for lumps or enlarged lymph nodes (glands) in both sides of your neck, including under the lower jaw.

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 a 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 that fails to heal and bleeds easily.

An abnormal lump or thickening of tissues.

Erythroleukoplakia
Red and white patches of the oral tissues.

80%–90%

survival rate when oral cancers are found at early stages of development.

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



Oral and maxillofacial surgeons:
The experts in face, mouth and
jaw surgery®

Learn more at:
MyOMS.org/OralCancerAwareness

Source: American Association of Oral and Maxillofacial Surgeons, www.MyOMS.org, Oral Cancer Foundation

This information is not intended as a substitute for professional medical advice, diagnosis or treatment.