



Oral Cancer Self-Exam

Early detection could save your life!

Perform this simple oral cancer self-exam every month and be sure to use a bright light and a mirror:

1. Remove any dentures or removable dental appliances.
2. Check the roof of your mouth for any lumps, bumps, or sores.
3. Use your fingers to feel and look at the inside of your cheeks and lips for any lumps, bumps, or sores.
4. Look at your tongue, including the sides and underneath, for any lumps, bumps, or sores.
5. Check your neck, lower jaw, and lymph nodes for any swelling or tenderness.



Regular self-exams can help detect oral cancer early, which is important for successful treatment.



1. **Erythroleukoplakia** - Red and white patches of the oral tissues.
2. **Erythroplakia** - Red patches of the oral tissues.
3. **Leukoplakia** - White patches of the oral tissues.
4. **An abnormal lump** or thickening of tissues.
5. **A sore** that fails to heal and bleeds easily.
6. **Difficulty** in chewing or swallowing.
7. **Chronic sore throat** or hoarseness.
8. **A mass or lump** in the neck.