

# 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.

If you notice anything unusual, such as a sore that doesn't heal or a lump that doesn't go away after two weeks, make an appointment with your healthcare provider.

It's important to remember that a self-exam should not replace regular check-ups with your healthcare provider. If you have any concerns about your oral health, don't hesitate to schedule an appointment with your dentist or doctor.