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.

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.

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

1. **Erythroplakia** - Red patches of the oral tissues.
2. **Erythroleukoplakia** - Red and white 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.

“Most often oral cancer develops in the surface tissue of the mouth and if undetected, it can begin penetrating deeper. That’s what makes early detection so important.”

Anthony Morlandt, D.D.S., M.D., F.A.C.S.