



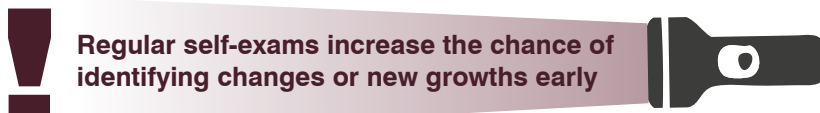
ORAL CANCER SELF EXAM



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



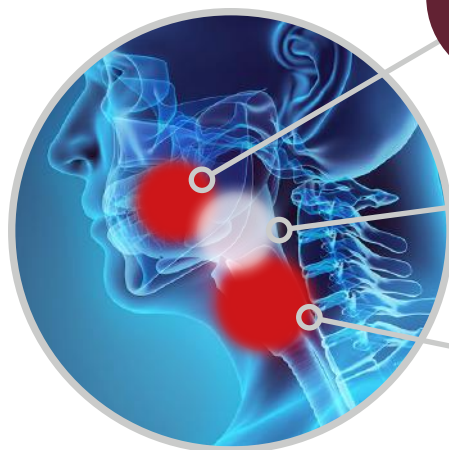
80% - 90%

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



BE ON ALERT FOR:

Don't ignore any suspicious lumps or sores. Should you discover something, make an appointment for 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

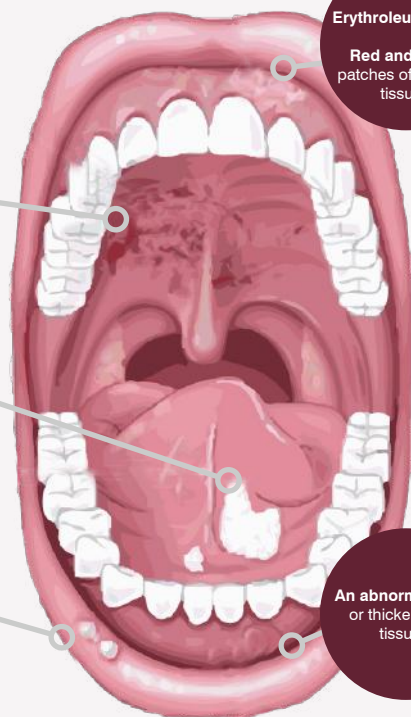
White patches of the oral tissues

A sore throat that fails to heal and bleeds easily

Erythroleukoplakia

Red and white patches of the oral tissues

An abnormal lump or thickening of tissues



THE EARLIER THE CANCER IS DETECTED, THE EASIER THE TREATMENT, THE GREATER THE CHANCE OF A CURE.



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