

A MOUTH CANCER SELF EXAM IS EASY...

1 LIPS

PULL DOWN YOUR LIPS AND LOOK INSIDE FOR ANY SORES OR CHANGE IN COLOUR. USE YOUR THUMB AND FOREFINGERS TO CHECK FOR ANY LUMPS, BUMPS OR CHANGES IN TEXTURE.

2 CHEEKS

PULL OUT YOUR CHEEK TO LOOK ON THE INSIDE. LOOK FOR ANY RED OR WHITE PATCHES. USE YOUR THUMB AND FOREFINGER TO SQUEEZE AND ROLL THE CHEEK TO CHECK FOR ULCERS, LUMPS OR TENDERNESS. REPEAT ON THE OTHER CHEEK.

3 TONGUE

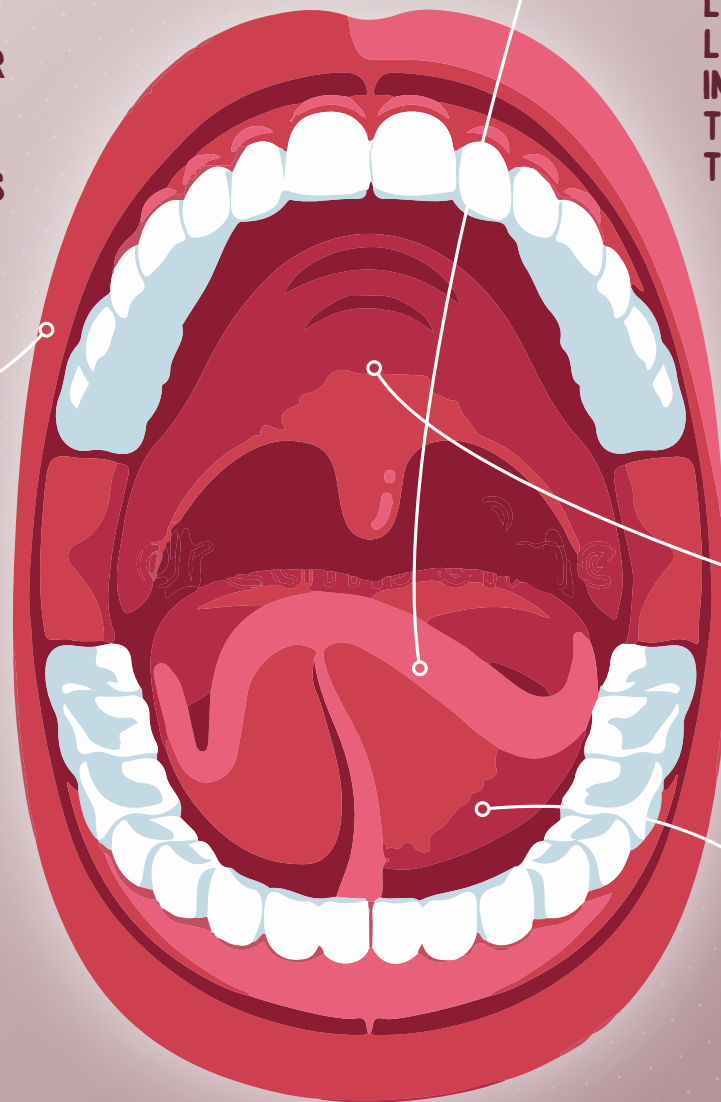
STICK YOUR TONGUE OUT AND LOOK AT THE SURFACE FOR ANY CHANGES IN COLOUR AND TEXTURE. GENTLY PULL OUT YOUR TONGUE AND LOOK AT ONE SIDE FIRST, AND THEN THE OTHER. LOOK FOR ANY SWELLING, ULCER OR CHANGE IN COLOUR. EXAMINE THE UNDERSIDE OF YOUR TONGUE BY LIFTING THE TIP OF YOUR TONGUE TO THE ROOF OF YOUR MOUTH.

4 ROOF OF MOUTH

TILT BACK YOUR HEAD AND OPEN YOUR MOUTH WIDE TO CHECK THE ROOF OF YOUR MOUTH. LOOK TO SEE IF THERE ARE CHANGES IN COLOUR OR ULCERS. CHECK FOR CHANGES IN TEXTURE WITH YOUR FINGER.

5 FLOOR OF MOUTH

LOOK AT THE FLOOR OF YOUR MOUTH FOR ANY COLOUR CHANGES THAT ARE UNUSUAL. GENTLY PRESS YOUR FINGER ALONG THE FLOOR OF YOUR MOUTH AND UNDERSIDE YOUR TONGUE TO FEEL FOR ANY LUMPS, SWELLINGS OR ULCERS.



The Swallows

Head & Neck Cancer Support Group
Registered Charity Number: 1149794



**IF YOU HAVE ANY CONCERNS,
GO TO YOUR DENTIST OR
DOCTOR TO SEE IF YOU NEED
SPECIALIST ADVICE**

*This leaflet is derived from
Let's Talk About Mouth Cancer (SC045100)
Scottish Charitable Incorporated Organisation*



SUPPORT FOR ALL AFFECTED BY HEAD & NECK CANCER



OUR 24/7 PATIENT
AND CAREGIVER
SUPPORT LINE SERVICE
IS ANSWERED BY A
REAL PERSON



☎ 07504 725 059

or email: info@theswallows.org.uk



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I'm fine...

Frustrated • Isolated • Neglected • Emotional

Shaping the future for caregivers

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