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.

Be on alert for:
- Difficulty in chewing or swallowing.
- An abnormal lump or thickening of tissues.
- A mass or lump in the neck.
- Chronic sore throat or hoarseness.
- A sore that fails to heal and bleeds easily.
- An abnormal lump or thickening of tissues.
- Leukoplakia (white patches of the oral tissues).
- Erythroplakia (red patches of the oral tissues).
- Erythroleukoplakia (red and white patches of the oral tissues).

Early detection is key

The earlier the cancer is detected, the easier the treatment, and the greater the chance of a cure.

80%–90% survival rate when oral cancers are found at early stages of development.

This information is not intended as a substitute for professional medical advice, diagnosis or treatment.
Learn more at: MyOMS.org/OralCancerAwareness

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

Oral Cancer Self-Exam