

AT-HOME SCREENINGS AND ORAL CANCER



Healthy Mouth
Healthy You

It is important that you conduct monthly self-exams for Oral Cancer
Early detection is key

- If oral cancer is discovered early, the cure rate is nearly 90%



Step 1: Tongue 'n Gauze

Remove dentures and pull-out tongue with gauze, visually examining it for variation in size, color or texture.

Step 2: Double-Digit Probe

With one finger inside mouth under the tongue, probe against pressure from the other hand under the chin.

Step 3: Neck Caress

Press from behind ear down to clavicle. Feel for lumps or enlarged lymph nodes in both sides of your neck.

Step 4: Lip & Cheek Roll

Feel and look for abnormal lumps or bumps and white or red areas.

Step 5: Palate Tickle

Check for soft area on the hard palate. Look and feel for abnormal bumps and discoloration.

Step 6: Tonsil Ahhhhhh

Using a tongue depressor or dental mirror, examine tonsils for symmetry, enlargement, redness or unusual bumps.