



# A Voice For Hope

United Against Mouth and Throat Cancer

## Mouth and Throat Cancer Self-Examination

**Early Detection Can SAVE Your Life**

Perform a self-exam for oral cancer in front of your mirror once a month. Position yourself in front of a mirror and remove any dentures or appliances before beginning the exam.



**1. Neck** - Feel for areas of tenderness or for any lumps on both sides of the neck and under the lower jaw.

Normally both sides look the same. Look for bumps or swelling that change symmetry.



**2. Lips** - With your fingers, pull out each lip and look for sores or color changes inside of your lips or on your gums. Feel for lumps within your lips and tissue around your lip.



**3. Cheeks** - Use your index finger to pull out your cheek. Look inside your cheek for sores or color changes in tissue. Again, use your thumb and index to feel for lumps anywhere in the cheek or in surrounding tissue. Repeat on the other side.



**4. Gums** - Use your thumb and finger to pull back your upper lip and examine your gum line. Look for any discoloration or sores on the gums. Be sure to look at the gums in front of and behind the teeth.

**5. Tongue** -

Use your thumb and index finger to hold the end of your tongue. Stick out your tongue as far as you can, look at the surface for color changes, sore or bumps. Use your finger and thumb to pull your tongue side to side looking for changes in the tissue under your tongue.



**6. Palate** - tilt your head back and look at the roof of your mouth or your palate. Look for sores, bumps or color changes in the tissue.

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## Concerning Signs or Symptoms may include one or more of the following:

- **Sores or ulcerations in the mouth that do not heal in 2-3 weeks**
- **Red or white patches in the mouth**
- **Soreness or swelling in the neck or under the chin**
- **Sore throat that does not go away**
- **A change in voice such as hoarseness**
- **Pain during swallowing or difficulty swallowing and/or chewing**
- **Ongoing earache**

**Concerning lesions - if you have lesions similar to these see your physician IMMEDIATELY!**



### For more information:

**The American Academy of Otolaryngology - Head and Neck Surgery**

<https://www.entnet.org/healthinformation/Cancer.cfm>

**American Cancer Society**

<https://www.cancer.net/cancer-types/head-and-neck-cancer/introduction>

**USC Caruso Department of Otolaryngology - Head and Neck Surgery**

<https://ent.keckmedicine.org/>

(800) USC-CARE (800-872-2273)

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<https://www.mouthandthroatcancer.org>