

A MOUTH CANCER SELF EXAMINATION IS EASY!

If you have any concerns, go to your dentist or doctor to see if you need specialist advice.

1

LIPS

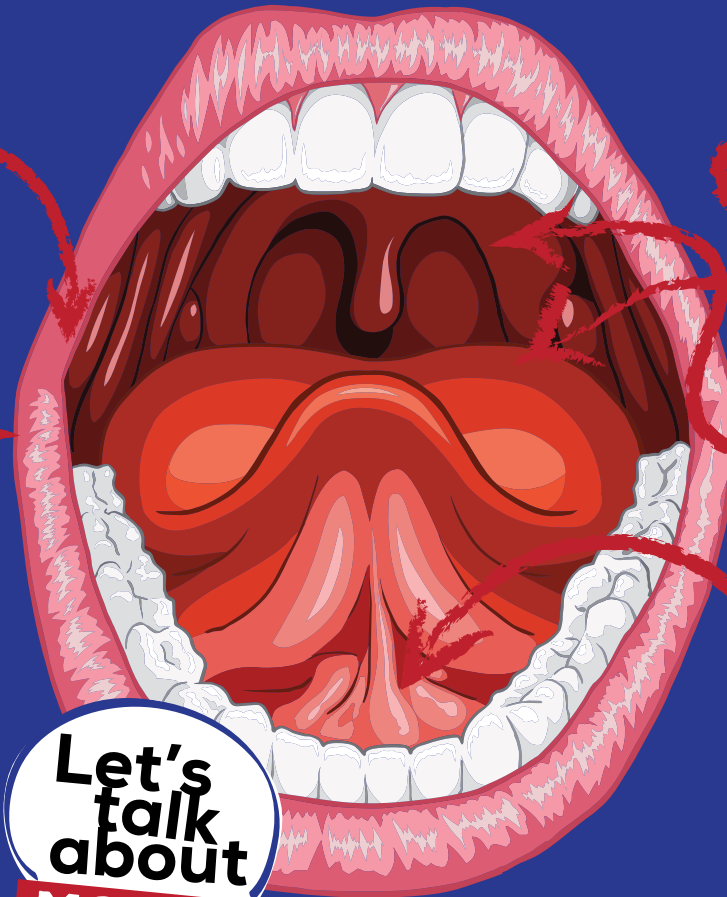
Pull down your lips and look inside for any sores or change in colour. Use your thumb and forefinger to check for any lumps, bumps or changes in texture.

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.

2

Let's
talk
about
**MOUTH
CANCER**



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.

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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.

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 of your tongue to feel for any lumps, swellings or ulcers.

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