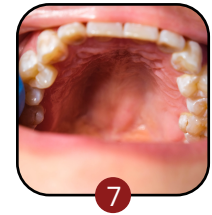
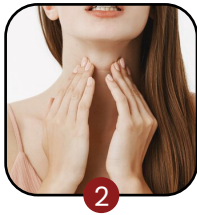


Self Assessment – Oral Cancer

Check yourself once a month using our simple 2 minute self check guide

- 1. FACE** – Look for swellings you have not noticed before and inspect your skin. Turn your head from side to side, stretching the skin over the muscles making lumps easier to see.
- 2. NECK** – Run your fingers under your jaw and feel either side of your neck. Are there any swellings?
- 3. LIPS** – Pull your upper lip upwards and bottom lip downwards. Look inside for any sores or changes in colour.
- 4. GUMS** – Examine your gums feeling around the gum for anything unusual.
- 5. CHEEKS** – Open your mouth and pull your cheek away one side at a time. Look for any red or white patches. Check for ulcers, lumps or tenderness.
- 6. TONGUE** – Gently pull out your tongue and examine one side then the other. Look for swellings, ulcers or changes in colour. Examine the underside of your tongue.
- 7. FLOOR AND ROOF OF MOUTH** – Tilt your head back and open your mouth. Then lift your tongue up and look at the floor of the mouth. Observing changes in colour, ulcers or swellings.



Symptoms

- An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks.
- A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- Difficulty swallowing, chewing or moving the jaw or tongue.
- Numbness of tongue or other area of the mouth.
- A feeling that something is caught in the throat.
- A chronic sore throat or hoarseness that persists more than 6 weeks.
- Unexplained loosening of teeth.

Risk Factors

- Tobacco use is the main cause of mouth cancer.
- Drinking alcohol to excess can increase risks four fold.
- Drinking and smoking together can make mouth cancer up to 30 times more likely to develop.
- Poor diet and social deprivation is linked to a third of all cancer cases.
- The Human Papilloma Virus (HPV), transmitted through oral sex, could overtake tobacco and alcohol as the main risk factor within the next decade.
- Exposure to the sun is a cause of skin cancer which can affect the lips and face.

