

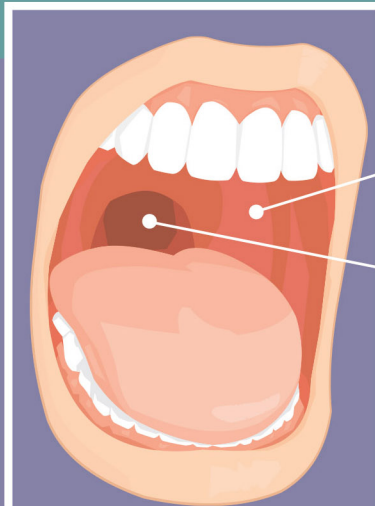
## Self-exam

Perform a six-step oral cancer self-exam each month.  
Using a bright light and a mirror:

- 1 Remove any dentures
- 2 Look and feel inside the lips and the front of gums
- 3 Tilt head back to inspect and feel the roof of your mouth
- 4 Pull the cheek out to see its inside surface as well as the back of the gums
- 5 Pull out your tongue and look at all of its surfaces
- 6 Feel for lumps or enlarged lymph nodes (glands) in both sides of the neck including under the lower jaw

When performing an exam look for:

- White patches of the oral tissues – leukoplakia
- Red patches – erythroplakia
- Red and white patches – erythroleukoplakia
- A sore that fails to heal and bleeds easily



- An abnormal lump or thickening of the tissues of the mouth
- Chronic sore throat or hoarseness
- Difficulty in chewing or swallowing
- A mass or lump in the neck