

BITE BACK AT MOUTH CANCER

The do-it-yourself mouth cancer check that may just

SAVE YOUR LIFE

All you need is a mirror & good light source as you inspect and feel for any lumps, red/white patches, changes in colour/texture, lingering ulcers or anything unusual.

1 Face

Look at the whole face

Are there any swellings you haven't noticed before?

Inspect your skin

Has anything changed recently?

Have moles become larger or started to itch or bleed?

Turn your head from side to side

This stretches the skin over the muscles making lumps easier to see.

2 Neck

Run the fingers under your

jaw and feel along the large muscle either side of neck using the balls of your fingers

Are there any swellings?

Does everything feel the same on both sides?

3 Lips

Pull your upper lip upwards and bottom lip downwards

look inside for any sores or changes in colour.

Use your thumb and forefinger

Feel around inside your lips checking for any lumps, bumps or changes in texture.

4 Gums

Use your thumb and forefinger

Feel the inside and outside of the gum working your way around the gum for anything unusual

5 Cheeks

Open your mouth and pull your cheeks away, one side at a time, with your finger to look inside

Look for any red or white patches.

Does everything feel the same on both sides?

Use your finger in the cheek to check for ulcers, lumps or tenderness. Repeat on the other side

Your tongue can be helpful to locate sore areas, ulcers or rough patches.

6 Tongue

Gently pull out your tongue and look at one side first and then the other

Look for any swelling, ulcers or change in colour. Examine the underside of your tongue by lifting the tip of your tongue to the roof of your mouth.

7 Floor of the mouth

Lift your tongue up and look underneath at the floor of your mouth

Look for any colour changes that are unusual.

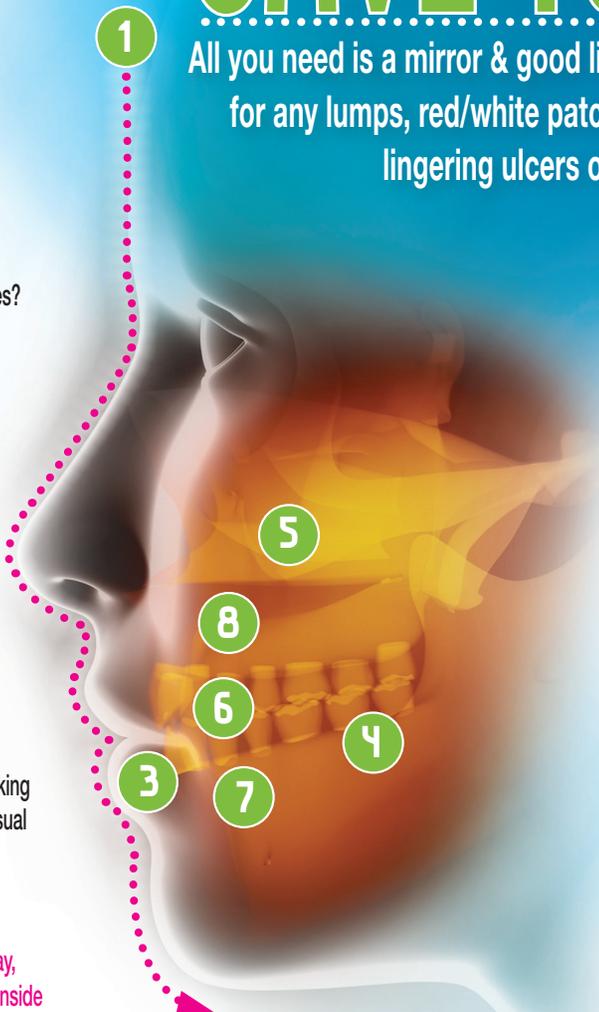
Gently press your finger along the floor of your mouth and underside your tongue

Feel for any lumps, swellings or ulcers.

8 Roof of mouth

Tilt back your head and open your mouth wide to inspect the roof of your mouth

Look to see if there are changes in colour or ulcers. Check for changes in texture with your finger.



Mouth Cancer Foundation - registered charity no. 1109298.

www.mouthcancerfoundation.org 01924 950 950

For information on Bite Back at Mouth Cancer and to order leaflets and posters info@mouthcancerfoundation.org



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