

7 Easy Ways to Detect Oral Cancer

1. Head & Neck:

Look at your face and neck in a mirror. Normally, the left and right sides of the face have the same shape. Look for any lumps, bumps, or swellings that are only on one side of your face.

2. Face:

Examine the skin on your face. Do you notice any color or size changes, sores, moles or growths?

3. Neck:

Press along the sides and front of the neck. Do you feel any tenderness or lumps?

4. Lips:

Pull your lower lip down and look inside for any sores or color changes. Next, use your thumb and forefinger to feel the lip for lumps, bumps, or changes in texture. Repeat this on your upper lip.

5. Cheek:

Use your fingers to pull out your cheek so you can see inside. Look for red, white or dark patches. Put your index finger on the inside of your cheek and your thumb on the outside. Gently squeeze and roll your cheek between your fingers to check for any lumps or areas of tenderness. Repeat this on the other cheek.

6. Roof of the Mouth:

Tilt your head back and open your mouth wide to see if there are any lumps or if the color is different than usual. Run your finger on the roof to feel for lumps.

7. Floor of the Mouth:

Stick out your tongue and look at the top surface for color and texture. Gently pull your tongue forward to look at one side first and then the other. Look for any swellings or color changes. Examine the underside of your tongue by placing the tip of the tongue on the roof of your mouth. Look at the floor of your mouth and the underside of your tongue for color changes that are very different from what is normal. Gently press your finger along the underside of your tongue to feel for any lumps or swellings if you find anything out of the ordinary, particularly anything that does not heal or go away in two weeks, or that has recently changed, discuss it with your oral health professional or physician.

