

# ORAL CANCER SELF EXAM

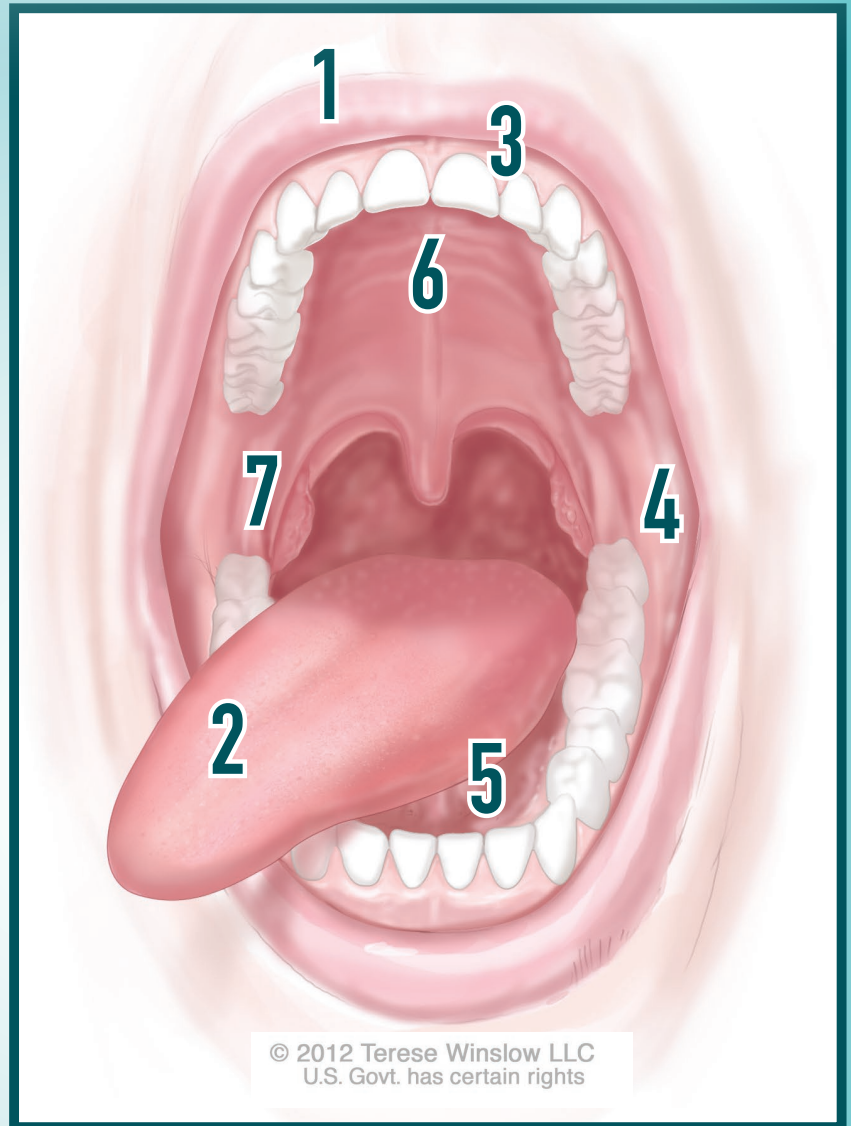
ORAL CAVITY CANCER FORMS IN ANY OF THESE TISSUES OF THE ORAL CAVITY:

1. The lips.
2. The front two thirds of the tongue.
3. The gingiva (gums).
4. The buccal mucosa (the lining of the inside of the cheeks).
5. The floor (bottom) of the mouth under the tongue.
6. The hard palate (the front of the roof of the mouth).
7. The retromolar trigone (the small area behind the wisdom teeth).

**YOU SHOULD PERFORM AN ORAL CANCER SELF-EXAM EACH MONTH. HERE'S HOW:**

- Immediately after a dental exam, do a thorough self-exam to see what is “normal” for you.
- Feel your neck for any lumps.
- Examine your lips, cheeks, and gums.
- Use a flashlight to examine the top, sides, and underneath your tongue, the back of your throat and roof of your mouth.

\* Be aware of changes in color, texture, or lumps.



## “WATCH YOUR MOUTH!”

**FOR SIGNS OF ORAL AND OROPHARYNGEAL CANCER**

*April is Oral Cancer Awareness Month in Alabama*

Persistent hoarseness or sore throat. • Earaches or enlarged lymph nodes of the neck • Difficulty swallowing  
Unexplained weight loss • You can further reduce your oral cancer risk by avoiding alcohol and tobacco