

WHY CHECK MY MOUTH FOR CANCER?

Mouth cancer is on the rise, especially in younger adults.

Smoking can increase the risk, however, non-smokers can be affected too.

WHAT AFFECTS MY RISK?

Most mouth cancers are preventable.

Traditional causes include: smoking, excessive alcohol consumption, poor diet, poor oral hygiene and the human papilloma virus.

WHAT SHOULD I LOOK OUT FOR?

- **RED** or **WHITE PATCHES**
- **LUMPS** in your mouth that grow
- **ULCERS** in your mouth that do not heal after two weeks
- Persistent **SORENESS** in your mouth

Look out for these changes, and see your dentist or doctor if they persist longer than two weeks.

MAKE IT A HABIT, CHECK YOUR MOUTH!

MOUTH CANCER FACTS

Mouth cancer can develop in any part of the mouth including the tongue, gums, tonsils, lining of the mouth, lips and upper part of the throat.

The early signs of mouth cancer can often be seen. When mouth cancer is found early there is a better chance of surviving it.

ABOUT LET'S TALK ABOUT MOUTH CANCER

We are a Scotland-wide group working to:

- Improve survival rates
- Promote early detection
- Save lives
- Increase public and professional awareness of mouth cancer

For more information:

www.ltamc.org

 @couldbeUrmouth

 /letstalkaboutmouthcancer



#MouthCheck

 publichealth
helping health happen

 NHS
Grampian

SCOTTISH CHARITABLE INCORPORATED
ORGANISATION: SC045100

A MOUTH CANCER SELF EXAMINATION IS EASY!

If you have any concerns, go to your dentist or doctor to see if you need specialist advice.

1

LIPS

Pull down your lips and look inside for any sores or change in colour. Use your thumb and forefinger to check for any lumps, bumps or changes in texture.

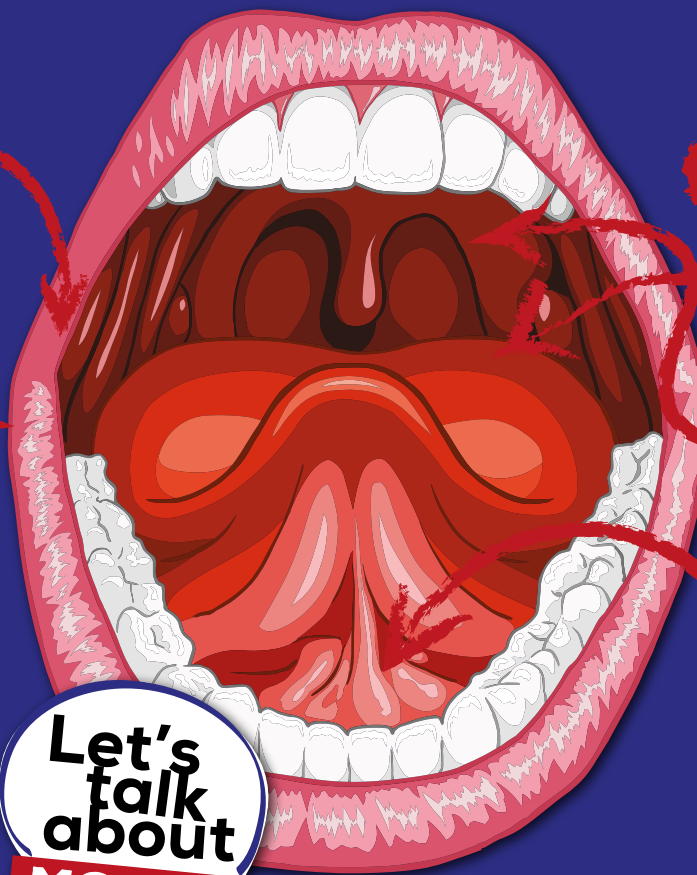
CHEEKS

Pull out your cheek to look on the inside. Look for any red or white patches. Use your thumb and forefinger to squeeze and roll the cheek to check for ulcers, lumps or tenderness. Repeat on the other cheek.

2

Let's talk about
**MOUTH
CANCER**

#MouthCheck



TONGUE

Stick your tongue out and look at the surface for any changes in colour and texture. Gently pull out your tongue and look at one side first, and then the other. Look for any swelling, ulcer or change in colour. Examine the underside of your tongue by lifting the tip of your tongue to the roof of your mouth.

3

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ROOF OF MOUTH

Tilt back your head and open your mouth wide to check the roof of your mouth. Look to see if there are changes in colour or ulcers. Check for changes in texture with your finger.

FLOOR OF MOUTH

Look at the floor of your mouth for any colour changes that are unusual. Gently press your finger along the floor of your mouth and underside of your tongue to feel for any lumps, swellings or ulcers.

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