

Oral Cancer

Oral cancer is an abnormal growth of tissues in and around the mouth. You may be at higher risk of developing oral cancer if you REGULARLY-

- ✗ Use tobacco products
- ✗ Chew betel quid
- ✗ Drink excessive amounts of alcohol
- ✗ Get exposed to excessive sunlight

Do you know.....?

Oral cancer lesions are usually asymptomatic at the early stage. Early detection and adequate treatment can prevent severe damage to the body and ensure higher survival rates.

Tissue changes in the mouth that may signal cancer can often be seen and felt during a simple mouth self-examination.

What can you do to help yourself?

Examine your mouth regularly and watch out for:

- Non healing ulcers of more than two weeks duration
- White or red patches
- Swelling or lumps

You may also experience difficulty in mouth opening, chewing and swallowing, ear pain, bad breath and numbness of tongue or mouth.

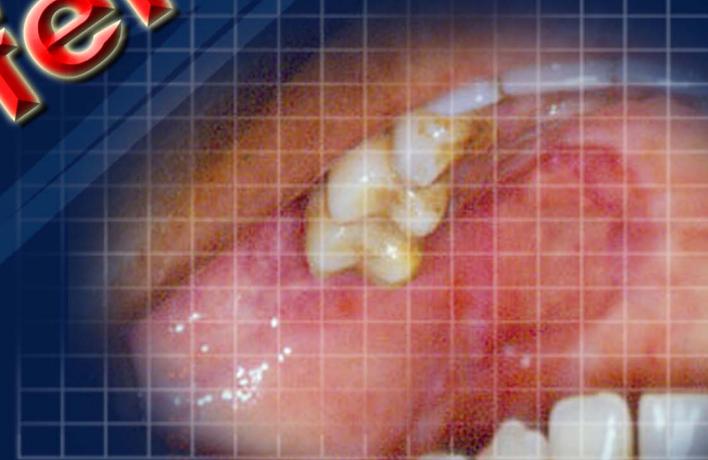
If you notice anything abnormal or you are not sure, visit the dentist at once.

**DETECT
ORAL CANCER EARLY**

Through mouth self-examination



**You can make a
Difference!**



Bahagian Kesihatan Pergigian
Kementerian Kesihatan Malaysia
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6 easy steps in mouth self-examination

STEP 1



Use a bright light and mirror. Dentures, if any should be removed prior to mouth examination.

Look at your face and neck in the mirror for any swellings, sores or any changes in colour. Press along the sides and front of the neck to feel for any tenderness or lumps.

STEP 4



Tilt your head back and open your mouth wide to see the roof and back of your mouth. Note any changes or lumps.

STEP 2

Examine the lips in closed and open positions. Look for any changes of colour, texture and surface abnormality.

Raise upper lip and look inside for any ulcers or colour changes. Feel for lumps or changes in texture. Repeat this procedure on your lower lip.



STEP 5

Place the tip of your tongue on your palate. Examine the floor of your mouth and lingual sulcus.



STEP 3

Pull right cheek back to look at the buccal mucosa. Also check the upper and lower buccal sulcus.

Put your index finger on the inside of your cheek and your thumb on the outside. Gently feel to check for any lumps. Repeat on the other cheek.



STEP 6

Stick out your tongue and look for any changes in colour and texture. Inspect and gently press along the underside of your tongue to feel for any swelling. Inspect the right and left margins and the tip of your tongue.

