

Be Mouthaware

and check for changes in the mouth

CHEEK

Look out for red, white or dark patches. Put your index finger inside the cheek and your thumb on the outside. Squeeze the cheek to check for any lumps, tenderness or ulcers.

MOUTH

Run your finger on the roof of the mouth to feel for any lumps. Repeat on the floor of the mouth.

NECK

Feel and press along the front and sides of the neck. Can you feel any lumps?

HEAD & NECK

Do both sides look the same? Look for any lumps or swellings that are only on one side of the face.

LIPS

Pull down the lower lip and look for any sores or changes in colour. Use your thumb and index finger to feel the lips for lumps or changes in texture.

TONGUE

Look for any changes in colour or texture of the surface. Check the sides for any swellings, changes in colour or ulcers. Examine the underside.

Mouth cancer can affect anybody and it's important that we all know what to look out for. If you notice any changes in your mouth please speak to a dentist or doctor immediately.

#MouthCancerAction



www.mouthcancer.org