



DO-IT-YOURSELF ORAL EXAM

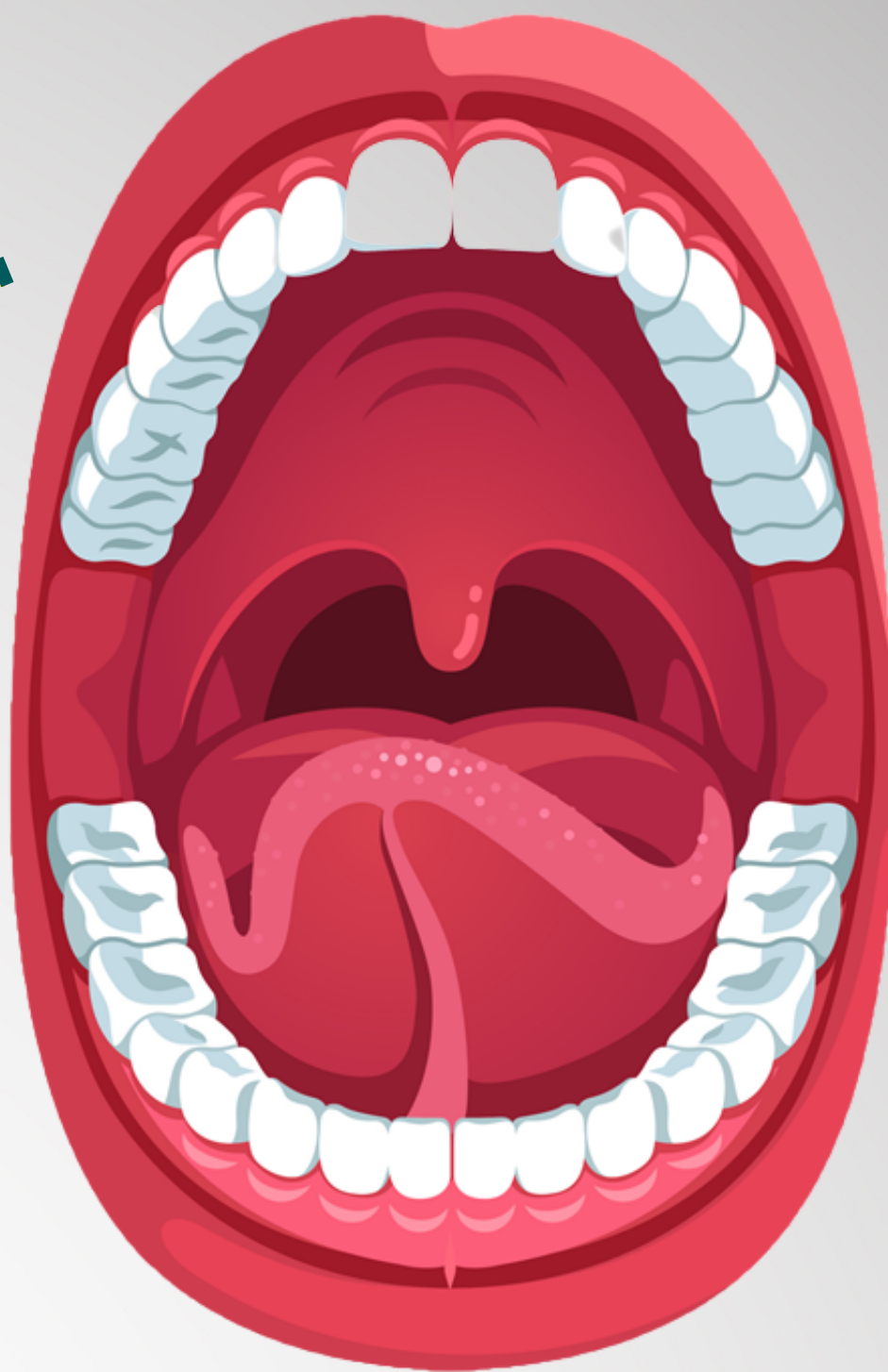
**SURVIVAL RATES OF
HEAD AND NECK CANCERS
IMPROVE WHEN DETECTED
EARLY**

STEPS

1 If you wear dentures, remove them for a thorough inspection

2 Use a pen-torchlight to shine a light into your mouth and look into a mirror

3 Perform an oral exam regularly



- ✓ **Roof of mouth**
Tilt your head back to inspect hard palate and soft palate
- ✓ **Lips**
Look and feel inside your lips
- ✓ **Tonsil area**
Examine your tonsil area at the back of your mouth
- ✓ **Cheeks**
Look and feel inside your cheeks
- ✓ **Tongue**
Stick out your tongue and look at the top and under surface
- ✓ **Floor of mouth**
Inspect this region by lifting your tongue up
- ✓ **Upper and lower jaw**
Inspect your upper and lower jaw

EXAMINE YOUR ORAL CAVITY FOR THE FOLLOWING SIGNS & SYMPTOMS

- Non-healing ulcers
- Blood-tinged saliva
- Loosening of teeth
- White or red patches
- Abnormal lumps
- Soreness at a particular site



If you have concerns, see a Head & Neck specialist. Scan the QR code for more info or call 6436 8088 or email callcentre@nccs.com.sg to book an appointment.

Department of Head & Neck Surgery,
Division of Surgery & Surgical Oncology,
SGH and NCCS