

SPOHNC is dedicated to raising awareness and meeting the needs of oral and head and neck cancer patients through its resources and publications.



SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER | EST. 1991

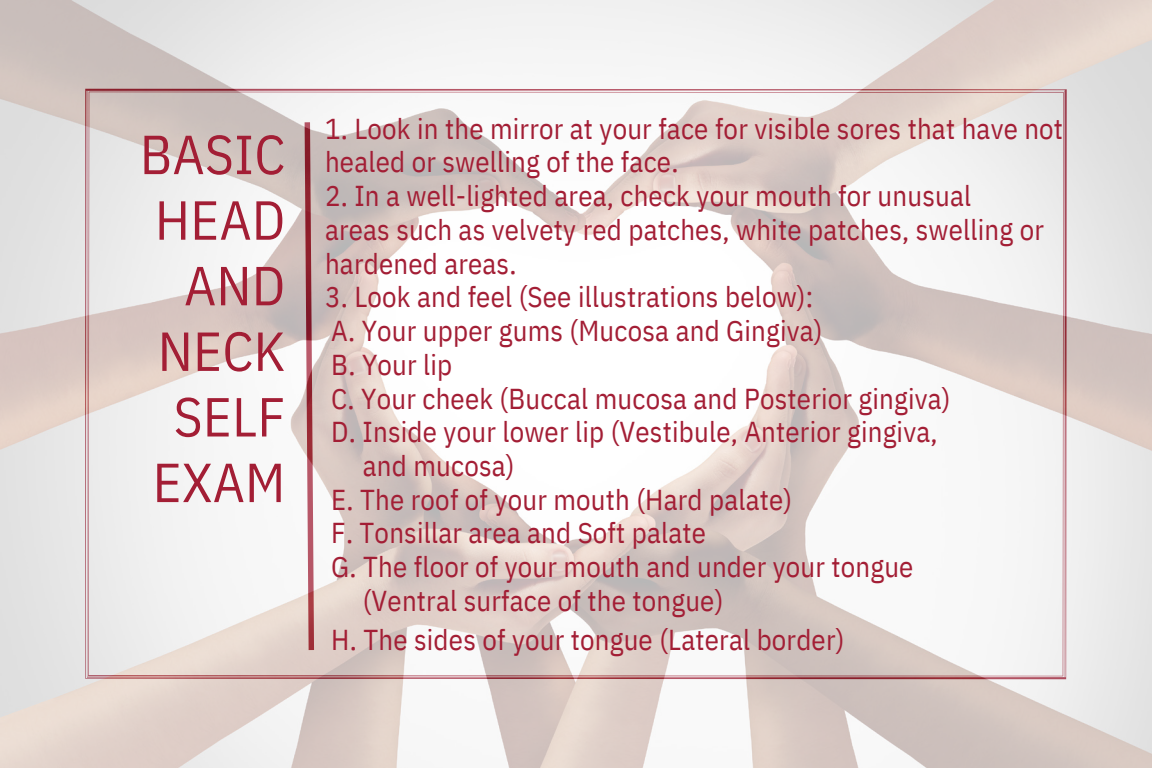
P.O. Box 53-Locust Valley, NY 11560-0053
1-800-377-0928
www.spohnc.org

EARLY DETECTION CAN LEAD TO CURE



Together, WE Heal

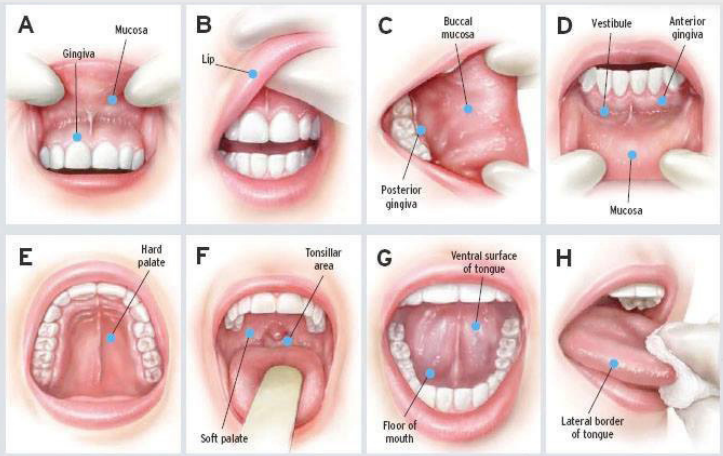




BASIC HEAD AND NECK SELF EXAM

1. Look in the mirror at your face for visible sores that have not healed or swelling of the face.
2. In a well-lighted area, check your mouth for unusual areas such as velvety red patches, white patches, swelling or hardened areas.
3. Look and feel (See illustrations below):
 - A. Your upper gums (Mucosa and Gingiva)
 - B. Your lip
 - C. Your cheek (Buccal mucosa and Posterior gingiva)
 - D. Inside your lower lip (Vestibule, Anterior gingiva, and mucosa)
 - E. The roof of your mouth (Hard palate)
 - F. Tonsillar area and Soft palate
 - G. The floor of your mouth and under your tongue (Ventral surface of the tongue)
 - H. The sides of your tongue (Lateral border)

Basic Self Exam



POSSIBLE
SIGNS
AND
SYMPTOMS
OF
HEAD
AND
NECK
CANCER

- A sore that does not heal
- A white or red patch in your mouth
- Pain on chewing or opening mouth
- Difficulty in swallowing
- Persistent sore throats not relieved by medication
- Persistent hoarseness
- Persistent pain in the ear
- Loss of smell, a bloody nasal discharge or coughing up blood. Persistent nasal congestion that does not improve
- Persistent bad breath
- A lump or mass in the neck

See your dentist or physician if any of the above symptoms last more than two weeks.