

CHECK YOUR OWN SELF TO AVOID MOUTH CANCER



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مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Early detection and treatment of mouth cancer at its beginning is better than ignoring it. Early dental examination can prevent it from spreading. Do not panic if you noticed any abnormality in your mouth, as your dentist is the one who has to confirm.

SIGNS AND SYMPTOMS WHEN EXAMINING THE MOUTH:



If you have the following signs and symptoms for more than two weeks, you should visit your dentist for consultation and examination

- Changing of the color of internal mouth tissues
- Bleeding that does not stop and does not heal
- White or red patches anywhere in the mouth
- Conglomeration and swelling of the gums or any part of the mouth
- Pain
- Difficulty in speaking
- Enlargement of lymph nodes
- Persistent ear pain
- The teeth are suddenly mobile

TOOLS YOU NEED WHEN SCANNING:

- Use a mouth mirror, and light if needed
- Or use a mouth mirror that contains a light
- Use your index and thumb fingers to lift the lip and to press the tongue



METHOD OF MOUTH EXAMINATION



Check the outer lip



Lift the upper lip and look at inner surface of the upper lip and gum tissue, and do the same with the lower lip



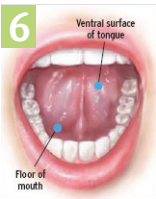
Check your palate then press your finger or mirror on the tongue to see the uvula and check to make sure that the aforementioned signs are not exists



Check the inner surface of the cheek



Pull out your tongue and check for any of the previous signs



Lift your tongue up and examine the back and bottom of the tongue

If you notice any signs or symptoms, consult your dentist for examination, advice and treatment.