

Head and Neck Self-Exam

Repeat this exam monthly. If you see something new, changing or unusual, please call us at (321) 841-7171 to schedule an appointment.

Early detection and diagnosis are crucial to successful treatment of oral, head and neck cancers. When detected at stages I and II, the survival rate is more than 80 percent. However, more than half of all cases are found later. At more advanced stages, survival rates are lower, treatments are more invasive, and side effects of treatment are much more significant.

When detected at stages I and II, the survival rate is more than 80 percent. However, more than half of all cases are found later.

Know the Facts About Oral, Head and Neck Cancers

- Oral, head and neck cancers are the fifth most common cancers in the world.
- The use of tobacco, excessive consumption of alcohol and HPV put you at added risk for oral, head and neck cancers.
- Signs and symptoms may include a lump or sore, hoarseness or change in voice, difficulty or pain in swallowing and bleeding of nose, mouth or throat.

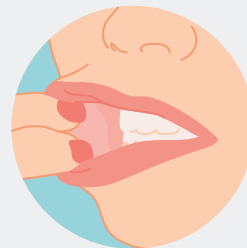
Self-exam Instructions



Step 1
Check neck for lumps.



Step 2
Look at your lips.



Step 3
Look at your cheeks.



Step 4
Bite gently; look at gums.



Step 5
Open mouth.
Look at tongue (top, bottom, sides), back of the throat, the roof of the mouth and under the tongue using a flashlight and mirror.