

## SIX-STEP SELF-EXAM FOR THE ORAL CAVITY

Dental check-ups should include an oral cancer screening. Perform a self-exam between visits. Look and feel for a persistent sore, red/white area, lump or texture change.

...  
**six**-step screening™



● Tongue 'n Gauze



● Cheek Roll



● Floor Press

INTRAO  
RAL



● Palate Swipe



● Lip Pull



● Tonsil Ahhh

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If an abnormality persists for longer than two weeks,  
consult an oral surgeon with expertise in cancer.

More information: [CheckYourMouth.org](http://CheckYourMouth.org)

## SIX-STEP SELF-EXAM FOR THE OROPHARYNX

Signs of oropharynx cancer: one-sided pain in mouth/ear, chronic hoarseness, unusual sore throat, feeling something is stuck when swallowing, a hard non-tender lump in neck.

...  
**six**-step screening™



● Jaw Junction

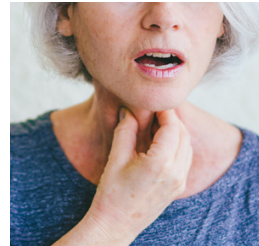


● Behind Ear Slide



● Muscle Squeeze

EXTRA  
ORAL



● Grab 'n Swallow



● Chin Down Under



● Clavicle Clutch

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If an abnormality persists, seek a second opinion with an  
ENT (Ear/Nose/Throat) who has expertise with cancer.

Prevention: ✓ HPV vaccine ✗ Tobacco