The Mouth and Throat Cancer Exam

Because mouth and throat cancer develops so fast, the best way to prevent it is early detection.

The exam is simple, quick, and painless and is made up of the following steps:

1.) Your health care provider will gently inspect your face, neck, lips, and mouth looking for any signs of cancer. They will also use their hands to feel under your jaw and the side of your neck, checking for irregular lumps.

2.) Next they will inspect the inside of your mouth. The health care provider will feel the inside of your lips and cheeks, searching for irregular red or white patches.

3.) The health care provider will examine your tongue for abnormal color or texture and gently pull your tongue from side to side, checking the base and underside of your tongue.

4.) Finally, they will inspect the roof and floor of your mouth, as well as the back of your throat, looking for any lumps or sensitivity.

The word is out about mouth and throat cancer.

Ask your health care provider about an exam today.

For more information about mouth and throat cancer, please call the Center at 1-866-295-5640 or visit us at www.dental.ufl.edu/takeethebite.

Do it for yourself.
Do it for your family.
Have an exam today.

Take control and KNOW
MOUTH and THROAT CANCER

Facts about mouth and throat cancer:

- 4th most common cancer among African American men
- 15th most common cancer among African American women
- Most cases are found late

![Bar graph showing percent diagnosed late by ethnicity]

Because this cancer spreads so fast, only 1/2 of those diagnosed with the disease will live more than 5 years.

Because this cancer spreads so fast, only 1/2 of those diagnosed with the disease will live more than 5 years.

Possible Signs & Symptoms

Mouth and throat cancer spreads faster than you think. So, it’s important to see your health care provider if any of the following last for two weeks:

- A sore or lump in your mouth, lip, or throat
- Feeling like something is caught in your throat
- Problems chewing or swallowing
- Difficulty moving your jaw or tongue
- Numbness in your tongue or mouth
- Pain in one ear without hearing loss
- Swelling of your jaw that causes dentures to fit poorly or become uncomfortable

Early Detection

Because mouth and throat cancer can be so deadly in its later stages, it’s important to find the cancer as early as possible so it can be treated successfully.

- In North Florida, African Americans are less likely to be diagnosed with mouth and throat cancer at an early stage when it is easier to treat.
- A mouth and throat cancer exam can detect early signs of cancer. The exam is painless and quick – it only takes a few minutes.
- Talk to your health care provider today.

Lower Your Risk

About 75% of mouth and throat cancers are related to tobacco or alcohol use. Using both tobacco and alcohol puts you at a greater risk. Here are some ways to lower your risk:

- Do not use tobacco products.
- If you drink alcohol, do so only in moderation.
- Use lip balm that contains sunscreen. Even if you have dark skin, use at least 15 SPF.
- Eat plenty of fruits and vegetables. The National Cancer Institute recommends eating at least five servings of fruits and veggies per day.
- Have regular mouth and throat cancer screenings. Yearly exams are recommended.