



Self check

It is recommended that self check is done once a month after teeth have been cleaned and by everyone over the age of 16 years. The self-examination takes less than two minutes and might just save your life.

To carry out the mouth test the following will be required:

- Mirror
- Good light source
- Clean fingers
- If you are worried ask a friend to check

At each step you are inspecting and feeling for any lumps, red or white patches, changes in colour or texture, lingering ulcers or anything unusual.

<http://www.mouthcancerfoundation.org/get-involved/bite-back-mouth-cancer>



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