

{ HOW DOES MY DENTIST CHECK FOR SIGNS OF } **HEAD & NECK CANCER?**

On the outside. Firstly they look at your face and neck for any swelling, skin abnormalities, unusual moles or obvious asymmetry.

Then they'll look for any changes in or on your lips and mouth.

1

2

The dentist will check the lymph nodes in your neck and underneath your chin and jaw for any swelling

3

On the inside of your mouth they look at the inner surface of your lips and cheeks for any changes.

4

Next they'll examine your tongue and will move it around to look at all its surfaces and the floor of the mouth below.

5

“**AHH!**”

Finally, they'll ask you to say 'ah' and inspect the tissues at the back of your mouth.

The **Mouth Cancer Foundation** recommends that **everyone over the age of 16** sees their dentist once a year to check for early signs of mouth cancer.