

# HEAD NECK CANCER PREVENTION

As the trusted partner in our community's health care decisions, Baptist Cancer Institute, along with Baptist Health Care encourage individuals to be proactive in the prevention and screening of oral head and neck cancer.

Conducting a head and neck self-exam is an opportunity for you to get to know your body and what's normal for you. Repeating this exam monthly can help you identify any changes that should be examined by a doctor or dentist.

Follow the four steps below and look for abnormal, irregular or discolored areas. Compare one side to the other for symmetry. If you discover abnormal, irregular or discolored areas or lumps that are different on one side compared to the other, contact your health care provider or dentist. (<https://www.headandneck.org/self-exam-guide/>)

## 1. Check the neck for lumps



## 2. Look at lips and cheeks



## 3. Bite gently; look at gums



## 4. Open mouth



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

Visit [eBaptistHealthCare.org](https://eBaptistHealthCare.org) to learn more about screening and prevention for head and neck cancers.