

Early-stage oral cancer is often **painless** and goes **undetected**

Every dental checkup should include a **six-step screening**

If you're **not** getting it ... *ask for it!*

Get informed ... [www.sixstepscreening.org](http://www.sixstepscreening.org)

# ... **six**-step screening

## BEST PRACTICE IN ORAL CARE



● Tongue 'n Gauze



● Lip & Cheek Roll



● Double-Digit Probe



● Palate Tickle



● Neck Caress



● Tonsil Ahhhh

### About the Founder:

Eva Grayzel was diagnosed with late-stage oral cancer and told she had a 15% chance of survival. A champion for early detection, she developed **six-step screening**, an oral cancer awareness campaign for both the general public and dental professionals.



*“If it can happen to me,  
it can happen to anyone.”*

Eva Grayzel, oral cancer survivor,  
non-smoker, diagnosed at age 33

eva  
grayzel  
www.evagrayzel.com

# ••••• **six**-step screening

## **BEST PRACTICE IN ORAL CARE**

- Early signs of oral cancer include a mouth sore that doesn't heal quickly, a change in color or texture of the oral tissue, or persistent pain.
- Signs of tonsillar and base-of-tongue cancer include a chronic sore throat, difficulty swallowing or a lump in the neck.
- Ask your dental team if they have up-to-date knowledge and skills in early detection of oral cancer.
- 37,000 new cases of oral and oropharyngeal cancer are diagnosed in the U.S. annually, killing one person per hour.
- Young, non-smokers are the fastest growing segment of the population diagnosed with oral and oropharyngeal cancer.
- Oral cancer is survivable if detected early.  
Early detection saves lives!

**If you're not getting a **six-step screening** ... *ask for it!***  
**Get informed ... [www.sixstepscreening.org](http://www.sixstepscreening.org)**