

Oral & Oropharyngeal Cancer Screening for Today's Population

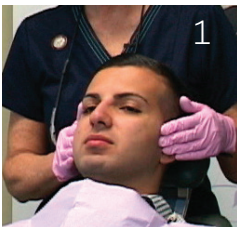
The Extraoral Assessment



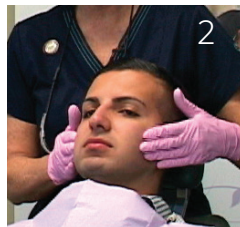
Oral and oropharyngeal (back of mouth) cancer often goes undetected in its early stages because it can develop without pain or symptoms. Over 70% of cancers in this area are diagnosed at the later stages, greatly impacting the survival rates. If discovered early, the 5-year survival rate for oral and oropharyngeal cancer may be as high as 90%.^{1,2}

Early discovery is key! Perform a systematic extraoral assessment on every client at recommended intervals.

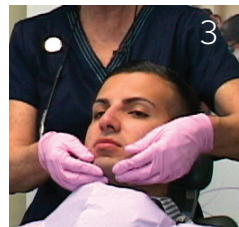
Extraoral Assessment: Head & Neck



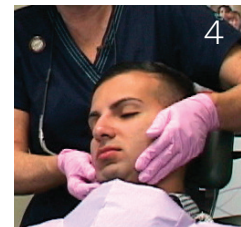
1
Palpate the temporomandibular joint for clicking, tenderness or restricted movement when mouth is opened and closed.



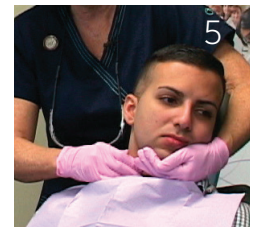
2
Palpate the parotid salivary glands and masseter muscles in the cheeks for swelling or tenderness.



3
Palpate the submental lymph nodes under the chin area.



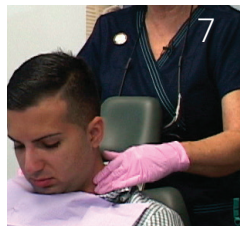
4
Palpate the submandibular lymph nodes under the angle of the mandible.



5
Palpate the anterior deep and superficial and posterior cervical lymph nodes on both sides of the neck.



6
Palpate the supraclavicular lymph nodes above both sides of the clavicle.



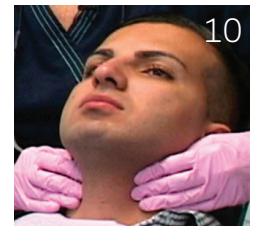
7
Palpate the occipital lymph nodes at the base of the skull.



8
Palpate the postauricular lymph nodes behind the ear.



9
Palpate the preauricular lymph nodes in front of the ear.



10
Palpate the thyroid gland for restricted movement during swallowing.

References

1. National Cancer Institute Surveillance, Epidemiology, and End Results Program. Cancer Stat Facts: Oral Cavity and Pharynx Cancer [Internet]. Bethesda, MD: NCI SEER. Available from: <https://seer.cancer.gov/statfacts/html/oralcav.html>
2. Office of the Chief Dental Officer of Canada. Human papillomavirus and oral health. *Can Commun Dis Rep.* 2020;46(11/12):380-83.