



Tongue Tied: A Personal Journey and Triumph Over Oral Cancer

**Saturday, 6/26/2010
10:00am-12:00pm**

Sponsored by:



Help to heal others
so they can be an
inspiration
to us all

i Instead of flowers send funny cards **often**
for a good laugh.

Nurture with CD's on relaxation, meditation,
comedy, music. **n**

Say "Tell your friends to call me.
I'll **organize** it." (driving, dinner...) **s**

Pamper with health store gift basket,
or salon gift certificate. **p**

Intrigue with **bestseller** book on CD
and portable player. **i**

r Respond with **donation** in their honor.

Ask "**Can I.....?**" vs "what can I..?,"
so you don't reject them. **a**

Take charge of **emailing** health updates
to family and friends. **t**

Invite yourself for a **sleepover** to disguise
round-the-clock care. **i**

On a **visit**, bring crossword puzzle, jokes,
poetry, watercolor, clay. **o**

Nourish the **caregiver** so they have
renewed energy. **n**

This bookmark is free. Donations accepted.
Funded by the Red Balloon Group ©1999 Eva Grayzel Cohen

www.EvaGrayzel.com

The Sextet **Six-Step Screening**: *The standard of care*

Early stage oral cancer is asymptomatic. You do not feel it or see it easily. It can only be detected with a trained eye. If you are not getting a thorough screening, **ask for it!**

Tongue 'n Gauze



1

Neck Caress



2

Lip & Cheek Roll



3

Palate Tickle



4

Double Digit Probe



5

Tonsil Ahhhh



6

- * Oral cancer is very curable with early detection.
- * 34,000 oral cancer cases in US diagnosed each year.
- * Dentist/Hygienist examines for irregularities: lesion, red/white patch, asymmetry.
- * Screening devices exist: Brush Test, VELscope™, ViziLite™... ask about them.
- * When you call for an appointment, ask when they last had Continuing Education in early detection.
- * You are the best advocate for your healthcare.

www.SixStepScreening.org

"If oral cancer can happen to me, it can happen to anyone."

Eva Grayzel -
non-smoker, diagnosed at age 33



Are you getting a Sextet Six-Step Screening?

www.SixStepScreening.org

Get a **FREE REMINDER** the week of your
appt. to ask for a **Sextet Six-Step Screening**.
Your dentist will get one, too!

If you're not getting it, ask for it.

Our Staff has up-to-date
education on early detection.
Free consultations.



Place
Stamp
Here

The Red Balloon Group

www.EvaGrayzel.com

The Red Balloon Group, a non-profit dedicated to organizing support networks, was founded by Eva Grayzel Cohen, a performance artist and non-smoker who was diagnosed with stage 4 tongue cancer at age 33.

After surgery, Eva's forearm scar from a graft looked like railroad tracks toward a big dark hole. As it healed, it began to look more like a red balloon. "I will take hold of my balloon as it will bring me upwards, the only direction I can go from where I've been."

This was the inspiration for naming this organization.

Eva lectures at corporations, dental schools, and medical and educational conferences on...

**turning adversity
into opportunity.**

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