

Introduction

Bone marrow or stem cell transplants can lead to chronic Graft-Versus-Host-Disease in about 50% of transplant patients. The mouth is a very common problem area. When SCCA doctors cannot look at your mouth face-to-face, sending pictures to the Long-Term Follow-Up Program at SCCA will help the doctors and nurses make a plan for you.

Supplies You Will Need

- A smartphone or digital camera



- Lighting



Flash
On



Flash
Off



- Assistant



- Email Access



Do You Have Questions?

If you have questions while you are taking your pictures contact Long-Term Follow-Up for help.

Phone: 206-667-4415

Fax: 800-376-8197

Email: ltfu@seattlecca.org

825 Eastlake Ave E, MS: LF-240

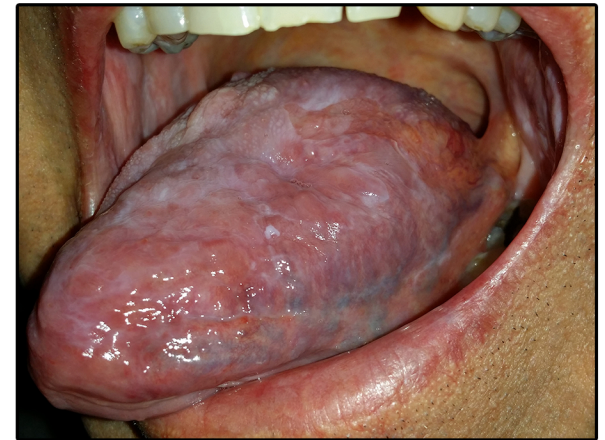
PO Box 19023

Seattle, WA 98109-1023

<http://www.fhcrc.org/en/treatment/long-term-follow-up.html>

When you call or email Long-Term Follow-Up with a mouth problem, every attempt is made to call you within 48 hours. If your mouth symptoms are severe, please let us know when you first call or email for a faster response.

How to Take Quality Pictures of Your Mouth to Send to Long-Term Follow-Up



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CANCER CARE
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Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's

1. Location and Lighting

Choose a plain background such as a light colored wall. Natural lighting is the best lighting option, however a lamp placed in front of you or a flashlight might improve the picture.



This picture has a plain background and good lighting showing the gums.



This picture has a busy background and the mouth is dark.

2. Camera

Use a digital camera or smartphone with a flash. You can use a flashlight or lamp for additional lighting if necessary.

- Tips:
- Take multiple pictures, some with a flash and some without, then decide which are best.
 - Use the macro mode if your digital camera has one.
 - The image to the right shows what macro mode may look like on your camera.



3. Assistance

If possible, have someone help you take the pictures.



Stabilize your mouth opening and have your assistant stabilize the camera (see picture above).

4. Distance and Angles

Take a picture of your right inner cheek, the roof of your mouth, your gums, your left inner cheek (see pictures below), as well as additional pictures of the problem area(s) with the surrounding tissue.



- Tips:
- Get the camera close to your mouth.
 - Take more pictures from multiple angles than you think you will need.
 - Don't use your camera's zoom function.

5. Review

Before sending your pictures, look at them to be sure that they are clear and not blurry and that they show the problem area(s).



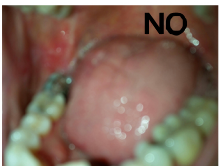
This pictures shows the lichenoid changes (white lacy changes), redness, ulcers, and lip changes.



This picture shows the lichenoid changes, but the flashlight washes out the surrounding tissue color.



This picture is clear and shows the lichenoid changes in the lip and inner cheek.



This picture is too blurry.

6. Sending the Pictures

Upload the pictures from your camera or smartphone as a JPEG (or jpg) file with the highest image quality available. Then email all of your clear picturesto ltfu@seattlecca.org.

- Tips:
- LTFU can receive up to 16 megabytes per email.
 - Emails with large files can take a long time to send.
 - Below are examples of what you may see on your smartphone (left) or computer (right).

