

Mouth Photos

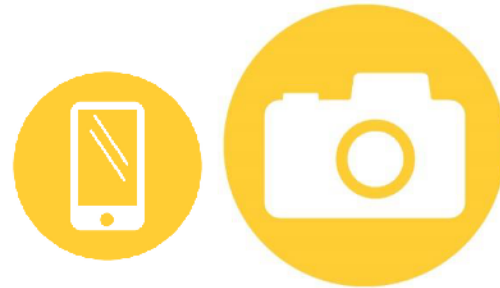
Long-Term-Follow-Up (LTFU)

Introduction

Bone marrow or stem cell transplants can lead to chronic Graft-Versus-Host-Disease (GVHD) in about 50% of patients. The mouth is a very common area for GVHD symptoms to appear. When your Fred Hutchinson Cancer Center provider cannot look at your mouth in person, you will need to take and send pictures to the Long-Term Follow-Up (LTFU) team. With these photos your LTFU doctor and nurses will make a plan for you.

Materials

- A smartphone or digital camera
- A well-lit room
- Another person for assistance
- Internet access for email

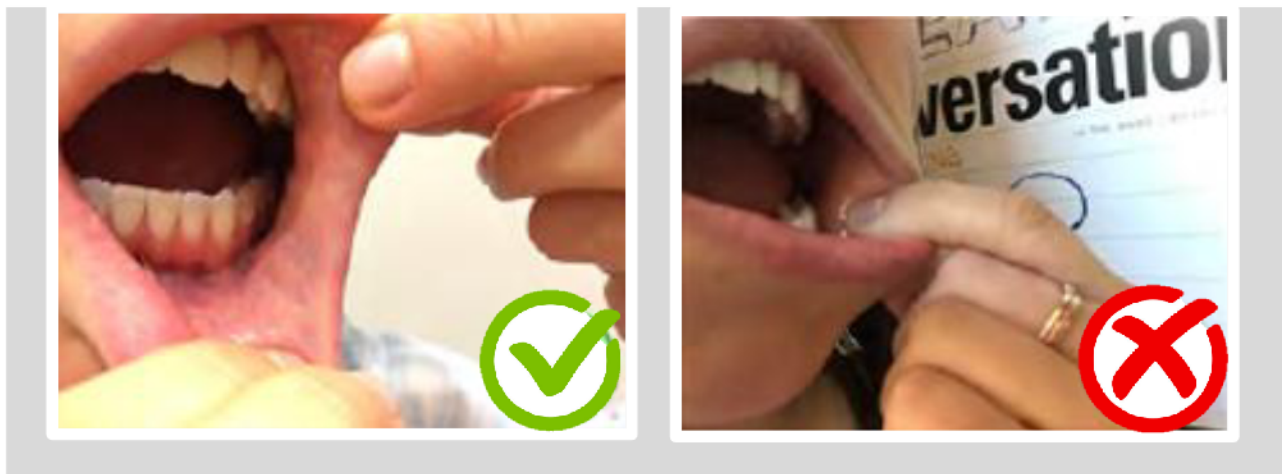


Instructions

Background 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.

The pictures below should help you determine which of your photos are best. The image on the left is good because it is taken against a plain background and has enough light to show the gums properly. The image on the right is not good because it is taken against a busy background, is dark, and does not show the gums.



Camera

Use a smartphone or digital camera with flash. Take multiple pictures, some with a flash and some without, then decide which are the best. Use the macro mode if your camera has one (similar to the flower icon to the right).



Assistance

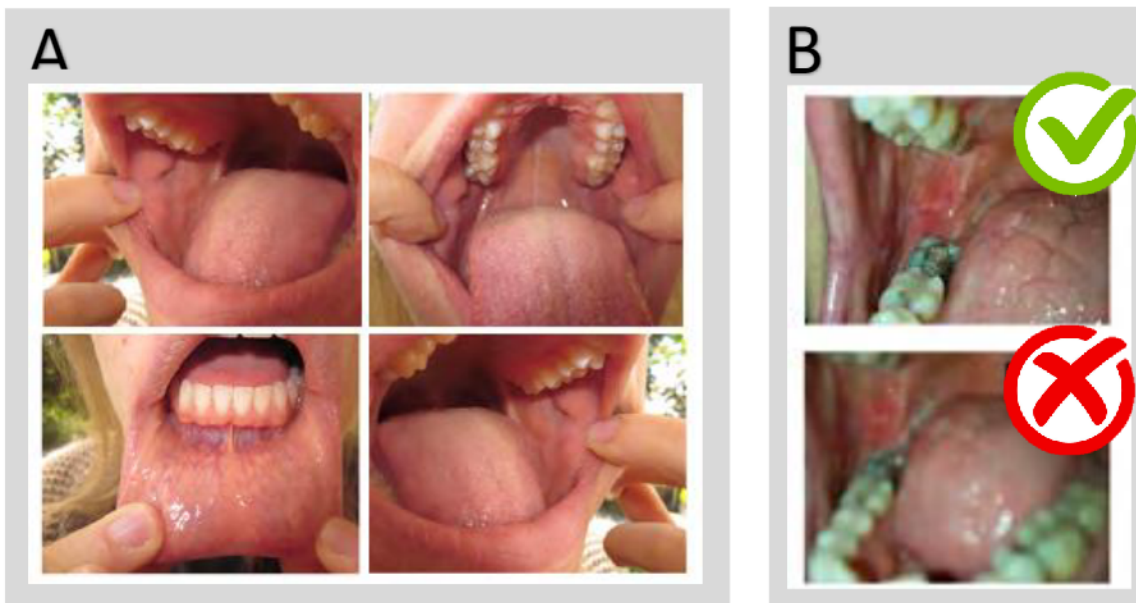
If you have a family member or friend around, ask them for help taking the photos. Hold your mouth open and still while your assistant takes the photos. Make sure your assistant keeps the camera still as they take these photos. They may need a solid surface, such as a table, to rest one or two of their elbows.



Taking and selecting images

A. Capture many angles: take pictures of the inside of your right and left cheeks, the roof of your mouth, your gums, as well as additional pictures of the problem area or areas (see images in box A below).

B. Keep the focused images: look at each of your photos to make sure they are clear and not blurry. Make sure you have captured the problem areas. The pictures in box B (below) show an example of a focused photo (top photo) and a photo that is blurry (bottom photo).



Send us your pictures

Send your pictures as JPEG (.jpg) files set to high image quality. Email the best photos to ltfu@fredhutch.org. LTFU can receive an attached file of 16 megabytes (MB) or less per email. Make sure you have a good internet connection, one with a strong signal, because large files can take a long time to send.

If you have questions while you are taking your pictures, please contact LTFU via phone or email: (206) 667-4415 or ltfu@fredhutch.org. We may not answer your call or respond immediately, but our priority is to reach you within 48 hours of your first call or email.