



Oral Cancer

Kundaria Cancer Prevention Foundation
Division of Rajkot Cancer Society
Since January 2019



Oral Cancer

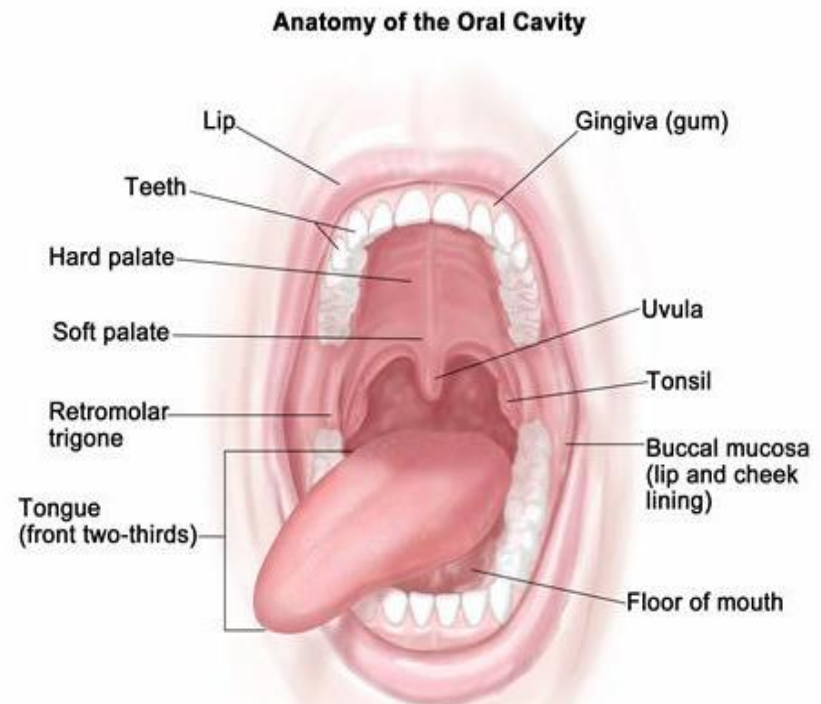
- India has one third of oral cancer cases in the world.
- Oral cancers in India estimated (Globocan, 2018) :
New cases: 1,19,992
Deaths: 72,616
- Oral cancer accounts for around **30% of all cancers** in India, occurring most often in people over 40 years old. Oral cancers are most often discovered after they've spread to the lymph nodes of the neck.
- More men suffer and die from oral cancer than women.
- **Early detection is key to surviving oral cancer.**

Oral Cancer

- Oral cancer is cancer that develops in the tissues of the mouth or throat. It belongs to a larger group of cancers called head and neck cancers.
- **Types of oral cancers :**

Oral cancers include cancers of the:

- Lips
- Tongue
- Inner lining of the cheek
- Gums
- Floor of the mouth
- Hard and soft palate



Risk Factors



Tobacco use of any kind, including cigarettes, cigars, pipes, chewing tobacco and snuff



Smokers are **six times more likely** than nonsmokers to develop oral cancers



Smokeless tobacco products are **50 times more likely** to develop oral cancers



WARNING

Excessive consumption of alcohol
Oral cancers are about six times
more common in drinkers than
in nondrinkers.



People who consume large amounts of alcohol and tobacco are at an even greater risk, especially when both products are used on a regular basis.



Other Risk Factors

Family history of oral or other types of cancer



Excessive sun exposure



Human Papilloma Virus (HPV)

Weak immune system



Poor Nutrition



Symptoms

- In the early stages, there are often no signs or symptoms of oral cancer.



- A lip or mouth sore that doesn't heal
- Loose teeth
- Mouth pain

- Growth or lump inside your mouth
- Ear pain





White or reddish
patch on the inside
of your mouth



- Difficult or painful swallowing
- Hoarseness, chronic [sore throat](#), or change in voice
- Unexplained bleeding in the mouth
- Weight loss



Prevention

There's no proven way to prevent mouth cancer.

However, you can reduce your risk of mouth cancer if you:



NO ALCOHOL



Avoid excessive sun exposure

Early Detection

1. Oral visual self examination



2. See your dentist regularly - Biannual dental checkups



Outlook

- The outlook for oral cancers depends on
 - Type and stage of cancer
 - General health
 - Age
 - Response to treatment
- 60% of all people with oral cancer will survive for five years or more. The earlier the stage at diagnosis, the higher the chance of survival after treatment. Thus timely diagnosis and treatment are most important.