



*ORAL
CHANGE*



Oral cancers are the most common malignancy of adult males in India. It includes cancers of lips, tongue, cheeks, floor of mouth, hard and soft palate, sinuses and pharynx. Oral cancers are special because they have a higher incidence in males in India, they are easily detected in early stages and are totally curable

What are the causative factors of oral cancer?

Smoking.

Chewing of tobacco, betel nuts, paan etc.

Alcohol consumption.

Sharp jagged tooth.

Ill fitting dentures.

Plummer Vinson syndrome which is mostly associated with iron deficiency anemia.

Premalignant conditions in mouth like white patch (leukoplakia), red patch (erythroplakia), chronic oral thrush

(fungal infection/ oral candidiasis), HPV infection etc.

How does oral cancers present?



Most commonly it presents as non healing ulcerative growth in any part of oral cavity like tongue, buccal mucosa, floor of mouth etc.

Rough spots or eroded areas over buccal mucosa or lips.

Velvety white, red or speckled patches in mouth.

Unexplained bleeding in the mouth.

Soreness or feeling that something is caught in the back of throat.

Difficulty in chewing or swallowing.

Difficulty in moving jaw or tongue.

Ear ache.

Neck mass etc.

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How to diagnose oral cancers?

Tumors of anterior part of tongue, buccal cavity and soft palate are diagnosed in early stages due to ready visualization, whereas, tumors of base of tongue, hypopharynx and nasopharynx are often diagnosed in later stages. Most of them are diagnosed as a metastatic node in the neck.

Diagnosis is confirmed by taking biopsy from the lesion. Other radiological investigations like MRI, CT-Scan and PET- Scan are useful to assess local extent, staging and any recurrence after the treatment of the disease.

What are the treatment options available?

For early stage disease, like stage I and II, surgical resection is the primary treatment modality, while for advanced stages (stage III and IV) combination of radiotherapy and chemotherapy with or without surgery (depending on the operability) is advisable.