

Radio Therapy and Management of Oral Cancer

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DESCRIPTION

Oral cancer is a type of head and neck cancer and is any cancerous tissue growth positioned inside the oral cavity. Head and neck cancers are the sixth and most unusual type of cancer in the world, with approximately 500,000 new cases of oral and oropharyngeal cancers diagnosed each year, three-quarters of which occur in the developing world. Squamous carcinoma is the most common type of oral and pharyngeal cancer, accounting for 90% of all cases of head and neck cancers arise within the oral cavity, 15% within the pharynx, and 25% within the larynx, with the ultimate tumours occurring at different sites (salivary glands and thyroid). Oral cancer is the most common cancer of the upper aerodigestive tract. It consists of most cancers of the lip, the labial and buccal mucosa, and the anterior thirds of the tongue, the retromolar pad, the ground of the mouth, the gingiva, and the difficult palate. It refers to all malignant tumours, which include carcinomas springing up from the epithelium and sarcomas springing up from sub mucosal areas, which include non-epithelial tissues. Carcinomas now arise not only from the oral mucosa, but also from the salivary glands and metastatic tumours of different epithelial organs. Malignant lymphoma, nerve-associated malignant tumours arise from sub mucosal areas, are also oral cancers. This guideline eliminates the oropharynx, nasopharynx, and hypo pharynx from this guideline, and tested inside with the dental practice. It differs in terms of risk factors and disease development.

Risk factors of oral cancer

Tobacco: These chemicals cause genetic changes in cells in the oral cavity that can lead to the development of oral cancer. The tobacco increases the risk of oral cancer by exposing the mouth to these carcinogens, either by inhalation while smoking or by direct contact with chewing tobacco.

Betel Quid: Oral cancers are more common in parts of the world where betel quid is chewed. The world is estimated to have 390,000 oral and oropharyngeal cancers each year, with 228,000, or 58 percent, occurring in South and Southeast Asia. In some parts of India, oral cancer is the most common cancer.

Alcohol: Alcohol is associated with the development of oral cancer. Alcoholic beverages are considered carcinogenic to humans, especially because they cause tumours in the oral cavity, pharynx, larynx, esophagus, and liver. Although ethanol itself has not been shown to be carcinogenic in animal studies, Alcohol intake has been shown to act synergistically with tobacco in increasing the risk of developing oral cancer.

Diet and nutrition: The relationship between diet, nutrition and cancer risk has been demonstrated by several epidemiological and laboratory studies. Low intake of fruits and vegetables increases the risk of cancer. Eating more fruits and vegetables, especially carrots, fresh tomatoes, and peppers, was associated with lowering the risk of cancer in the mouth and throat. Foods and food groups other than protective fruits and vegetables, vegetable oils, olive oils, breads, grains, legumes, proteins, fats, fresh meats, chickens, livers, shrimp, lobsters and fibers.

Mouthwash: The use of mouthwash is also associated with the development of oral cancer. Mouthwash usually contains alcohol as a solvent or preservative for other ingredients. Epidemiological evidence shows that the risk of mouthwash causing oral cancer is related to the frequency and duration of use and alcohol content. However, there is no causal relationship between mouthwash and oral cancer. However, dentists should be careful when recommending mouthwashes or rinses with high alcohol content.

- Treatments for oral most cancers will range depend on at the type, location, and level of the most cancers at diagnosis.
- Early-stage treatment usually involves surgery to remove the tumour and cancerous lymph nodes. In addition, other tissues around the mouth and throat may be removed.

Radiation therapy: It is another therapy. Doctors irradiate the tumour once or twice a day, 5 days a week, for 2 to 8 weeks. Treatment in advanced stages usually involves a combination of chemotherapy and radiation therapy.

Targeted therapy: It is effective in both the early and advanced stages of cancer. Targeted therapies bind to specific proteins in cancer cells and block their growth.

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Nutrition: Diet is also an important part of the treatment of oral cancer. Many treatments make eating and swallowing difficult or painful, and loss of appetite and weight loss are common. Be sure to discuss your diet with your doctor.

Dietitian advice is gentle on the mouth and throat and assists you in planning a menu that provides your body with the

calories, vitamins, and minerals it requires. Keeping your mouth healthy while undergoing cancer treatment is an important part of the process. Maintain a moist mouth and clean teeth and gums.