

ORAL CANCER AWARENESS

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INTRODUCTION

Mouth cancer one of a challenging public health problems .It is the most common disease that affect any age, any sex group and does not discriminate. On behalf of the British Association of Head and Neck Oncologists, oral cancer annual incidence and mortality show higher percentage around the world. Early diagnosis of oral cancer is the key for better outcomes. There is a global interest about oral cancer awareness by raise level of patient education about the significance of visiting dentist regularly. Dentist as a healthcare provider in frontline with patients for regular screening of the mouth diseases. The people must know the risk factors for these cancers as well as their symptoms. These risk factor like: exposure to sunlight, smoking, tobacco, spicy foods, stress, HPV and poor nutrition. Cancer control efforts are diverse, nowadays it is highly recommended the prevention way rather than treat the condition .Healthy nutrient diet is the most recently approach used for prevention and treatment of oral cancer.

Conclusion

Regular oral health assessment is the cornerstone to ensuring that the health service uses its resources to improve the oral health of the population in the most efficient way. Raise awareness of mouth cancer to save thousands of lives through early detection and prevention. This Awareness need advertising media for patient education about alarming sinister sign of the disease also educate public about different methods for prevention .Further, dentist need to provide oral cancer examinations routinely and competently.

Recommendation

Educate the people to take action for the early warning signs like Long standing non healing ulcer ,non healing extracted socket and don't ignore any unusual lumps or swellings or red and white patches in your mouth. If you notice any changes in your mouth speak to your dentist or doctor immediately.Early detection could save your life. Advice of eating health balanced diet, healthy life style, avoid junk food and fuzzy drinks .

Keywords: Oral cancer , Mouthcancer, Dentist, Patient education, Smoking, Tobacco, Nutritional efficiency.

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