

12th World Cancer Congress

July 23-25, 2018 | Moscow, Russia

Oral Cancer in Odisha “An epidemiological study”

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Introduction: Oral Cancer is the commonest cancer in India, approximately 90% occurring in developing countries. Tobacco chewing is the most important cause. The site, side of lesion and chewing habits, vary with geographical areas. In Western India the base of tongue is the commonest site and in South / East, buccal mucosa is common. In Odisha the lower gingivo buccal (Quid Bed) is the commonest site.

Material & Method: This study was conducted in the Department of Head and Neck Oncology of Regional Cancer Centre, Cuttack. A total number of 3705 patients were studied in a period of 10 years. Data regarding age, sex, site and side of lesion, relation to various chewing habits and associated dental pathology and premalignant lesions were observed.

Results: Out of the total numbers of 3705 cases, 66.9% were males. Majority were 41- 60 years. Periodontitis (32%), gingivitis (29%), leukoplakia (82.6%) and sub mucous fibrosis (9.6%) were detected .Buccal Mucosa was a common site (51.5%). Left sided was common (62.5%). Incidence was 62.8% in heavy chewers and 13.4% in light chewers . The quality of betel quid was responsible in 60.8% and contact period was important (62.8% with >14 hrs).

Conclusion: Our study proves the carcinogenic effect of tobacco use. The incidence of oral cancer depended on early-age chewers, heavy chewers, keeping betel-quid intraoral overnight, frequent/continuous chewers, smoking and chewing, chewing with lime and tobacco, poor oral hygiene and malnutrition.

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