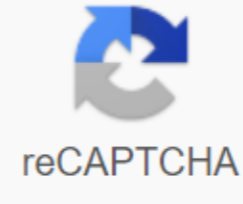




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Oral cancer risk factors pdf

ON THIS PAIGE: You'll learn more about the factors that increase the likelihood of oral and throat cancer. Use the menu to see other pages. The risk factor is everything that increases a person's chances of developing cancer. Although risk factors often affect the development of cancer, most of them do not directly cause cancer. Some people with multiple risk factors never develop cancer, while others without known risk factors do. Knowing your risk factors and talking about them with your doctor can help you make a more informed lifestyle and health choices. The risk of oral and throat cancer is significantly increased by two factors: tobacco use. The use of tobacco, including cigarettes, cigars, pipes, chewing tobacco and tobacco, is the highest risk factor for head and neck cancer. Eighty-five percent (85 percent) of the head and neck cancer is associated with tobacco use. Smoking tubes in particular has been linked to cancer in parts of the lips that touch the trunk of the tube. Tobacco or tobacco is associated with a 50% increase in the risk of cancer in the cheeks, gums and inner lips, where tobacco has the largest number of contacts. Passive smoking can also increase the risk of head and neck cancer in humans. Alcohol. Frequent and intense alcohol consumption increases the risk of head and neck cancer. The use of alcohol and tobacco together increases this risk even more. Other factors that may increase a person's risk of oral and oropharyngeal cancer include: Prolonged exposure to the sun. Excessive and unprotected exposure to the sun is associated with cancer in the lip area. To reduce the risk of lip cancer, reduce exposure to sunlight and other sources of ultraviolet (UV) radiation. Learn more about protecting your skin from the sun. Human papillomavirus (HPV). Studies show that HPV infection is a risk factor for throat cancer. In recent years, HPV-related cancers in the tonsils and the base of the tongue have become more common. Sexual activity, including oral sex, with someone who has HPV is the most common way someone gets HPV. There are different types of HPV called strains. Studies have linked some strains of HPV more strongly to certain cancers. There are vaccines available to protect against HPV. To reduce the risk of HPV infection, limit the number of sexual partners. Having many partners increases the risk of HPV infection. Using a condom does not fully protect you from HPV during sex. It is also likely that getting an HPV vaccination prior to contact with HPV may reduce the risk of cancer oropharynx. The Centers for Disease Control and Prevention recommends HPV vaccination for all boys and girls. Gender. Men are more likely to develop oral cancer more than women. Fair skin. Fair skin is associated with a higher risk of lip cancer. Age. People over the age of 45 increased risk of oral cancer, although this type of cancer can develop in people of any age. Poor oral hygiene. People with poor oral hygiene or dental care may have an increased risk of oral cancer. Poor dental health or constant irritation from poor dentures, especially in people using alcohol and tobacco products, can increase the risk of oral and lung cancer. Regular check-ups by a dentist or dental hygienist can help detect oral cancer and some oesophageal cancers at an early stage. Poor nutrition/nutrition. A diet low in fruits and vegetables and vitamin A deficiency may increase the risk of oral and oesophageal cancer. Nuts chewing betel, a nut containing a mild stimulant that is popular in Asia, also increases the risk of oral and throat cancer. A weakened immune system. People with weakened immune systems may have a higher risk of developing oral and oropharyngeal cancer. Marijuana use. Recent studies have suggested that people who used marijuana may be at a higher than average risk for head and neck cancer. Prevention Various factors cause different types of cancer. Researchers continue to look at what causes this type of cancer, including how to prevent it. While there is no proven way to completely prevent this disease, you may be able to reduce the risk. Some of the risk factors for oral and oropharyngeal cancer can be avoided by opting for a healthy lifestyle. Stopping the use of all tobacco products is the most important thing a person can do to reduce the risk of oral cancer and irrigation, even for people who have been using tobacco for years. Reducing the risk of HPV infection is also important. The Gardasil HPV vaccine has been approved by the U.S. Food and Drug Administration (FDA) for oral cancer and orofaring. Limiting the number of sexual partners can also reduce the risk of HPV. Using a condom during sex may not completely protect you from HPV. Talk to your health team if you have concerns about your personal risk of developing these cancers. The next section in this guide is screening. This explains how tests can find cancer before signs or symptoms appear. Use the menu to select a different section to read in this guide. The risk factor is all that changes a person's chances of a disease such as cancer. Different types of cancer have different risk factors. For example, exposing the skin to strong sunlight is a risk factor for skin cancer. Smoking is a risk factor for many cancers. There are different types of risk factors. Some of them, such as your age or race cannot be changed. Others may be related to personal choices such as smoking, drinking or dieting. Some factors affect risk more than others. But risk factors don't tell us everything. Having a risk factor, or even many, does not mean a person will get sick. Not having any risk factors doesn't mean you don't get it, either. Some people who have oral or throat cancer have little or no known risk factors, while others who have risk factors never develop the disease. Even if someone has risk factors, it is impossible to know exactly how much they contributed causing cancer. Tobacco and alcohol tobacco and alcohol use are 2 of the strongest risk factors for oral and oral cancer. Tobacco is used by most people with oral and throat cancer to use tobacco, and the risk of developing these cancers is due to how long and how long they have smoked or chewed. Smokers are many times more likely than non-smokers to develop these cancers. Tobacco smoke from cigarettes, cigars or pipes can cause cancer anywhere in the mouth or throat. It can also cause cancer of the larynx (voice box), lungs, esophagus (swallowing tube), kidneys, bladder and many other organs. Smoking tubes is associated with a very high risk of cancer in parts of the lips that touch the trunk of the tube. It is important for smokers who have been treated for oral cancer or lung cancer to quit, even if their cancer seems to cure. Continuing smoking significantly increases the risk of developing a second cancer in the mouth, throat, larynx (voice box), or lungs. Oral tobacco products (tobacco, drop, spit, chew, or soluble tobacco) are associated with cancer of the cheeks, gums and inner lips. The use of oral tobacco products for a long time is associated with a very high risk. These products also cause gum disease, bone sockets around the teeth and tooth loss. It is also important for people who have been treated for oral or lung cancer to give up all oral tobacco products. Please call us for help in quitting tobacco or find out how to quit smoking or smokeless tobacco for more information. Drinking alcohol Increases the risk of oral and oral cancer. About 7 out of 10 patients with oral cancer are drunks. Drinking and smoking together The risk of these cancers is even higher in people who both smoke and drink alcohol, with the highest risk in heavy smokers and drinkers. According to some studies, the risk of these cancers in drinkers and smokers may be 100 times higher than the risk in people who do not smoke or drink. Betel quid and gutka In southeast Asia, South Asia and some other parts of the world, many people chew betel pounds, which consists of nut arch (nut betel), spices, lime, and other ingredients. Many people in these areas also chew gutka, a mixture of betel pounds and tobacco. People who chew betel pounds or gutka have an increased risk of oral cancer. Human papillomavirus (HPV) infection with human papillomavirus is a group of more than 150 types of Viruses. They are called papillomaviruses because some of them cause a type of growth called papilloma. Papillomas are not cancer, and are more commonly referred to as warts. Hpv types are given numbers. Infection with certain types of HPV can cause some forms of cancer, including cancer of the penis, cervix, vulva, vagina, anus, mouth and throat. The type associated with throat cancer (including oropharynx cancer) is HPV16. Most people with HPV infections have no symptoms and only a very small percentage develop oropharyngeal cancer. Currently, the U.S. Food and Drug Administration has not approved a test for HPV infection of the oral and throat. The number of HPV-related cancers has increased dramatically over the past few decades. And studies have shown that these cancers are becoming more common in young people who are not associated with alcohol or tobacco use than in the past. HPV DNA (a sign of HPV infection) is found in approximately 2 out of 3 oral cancers and in a much smaller portion of oral cancer. The reason for the increase in the number of HPV-related cancers is unclear, although some believe that this may be due to changes in sexual practices in recent decades, in particular the increase in oral sex. See HPV (human papillomavirus) to learn more about HPV and HPV prevention. Gender oral and oro-swallowing cancer is twice as common in men as in women. This may be due to the fact that in the past men used tobacco and alcohol more often. The age of oral cancers and orofarynx usually takes many years to develop, so they are not common in young people. Most patients with this cancer are over 55 years old when the cancer is first detected. But that may change as HPV-related cancer becomes more common. Ultraviolet (UV) sunlight is the main source of UV radiation for most people. Lip cancer is more common in people who have outdoor work where they are exposed to sunlight for long periods of time. Poor Nutrition Several studies have shown that a diet low in fruits and vegetables is associated with an increased risk of oral cancer and oropharynx. A weakened immune system of oral cavity and throat cancer is more common in people who have a weak immune system. A weak immune system can be caused by certain diseases present at birth, acquired immunodeficiency syndrome (AIDS) and some medications (e.g. after organ transplantation). Vaccination against the host of transplant-versus-host disease (GVHD) is a condition that sometimes occurs after stem cell transplantation. During this medical procedure, the donor's blood stem cells are used to replace the bone marrow, was destroyed by disease, chemotherapy or radiation. GVHD occurs when the donor's stem cells recognize the patient's cells as foreign and launch an attack on them. GVHD can affect many tissue tissues body, including in the mouth. This increases the risk of oral cancer, which can occur as early as 2 years after GVHD. Genetic syndromes People with certain syndromes caused by hereditary defects (mutations) in some genes have a very high risk of oral and throat cancer. Fanconi anemia is a condition that can be caused by hereditary defects in several genes that help restore DNA. People with this syndrome often have problems with blood at an early age, which can lead to leukemia or aplastic anemia. They also have a very high risk of developing oral and throat cancer. Diseratosi congeniti is a genetic syndrome that can cause aplastic anemia, skin rashes, and abnormal nails and nails. People with this syndrome also have a very high risk of developing oral and throat cancer at a young age. Lichen planus This disease occurs mainly in middle-aged people. Most often it affects the skin (usually as an itchy rash), but sometimes affects the mucous membrane of the mouth and throat, appearing as small white lines or spots. A severe case can slightly increase the risk of oral cancer. Unproven or controversial mouthwash risk factors Some studies have shown that mouthwash high in alcohol may be associated with a higher risk of oral cancer and oropharyngeal. But recent studies have questioned these results. The study of this possible link is complicated by the fact that smokers and frequent drinkers (who already have an increased risk of these cancers) are more likely to use mouthwash than people who do not

smoke or drink. Irritation from prostheses Has been suggested that long-term irritation of the mouth mucosa caused by poorly fitting prostheses is a risk factor for oral cancer. But many studies have not found an increased risk in prosthetic owners in general. Poorly fitted dentures can usually trap agents that have been proven to cause oral cancer such as alcohol and tobacco particles, so prosthetic owners should have their checked dentist regularly to ensure good shape. All owners of prostheses should remove the prostheses at night and clean and thoroughly rinse them every day. Oral health studies have shown overall health of the mouth, teeth and gums can affect the oral cavity and the risk of oral cancer due to changes in normal bacteria in the mouth. Poor oral hygiene, which can lead to tooth loss, may also be associated with these types of cancers. Overall survival can also be affected. More research is needed, but regular visits to teeth, as well as brushing and flossing, can reduce these risks and have many other health benefits, too. Too. oral cavity cancer risk factors. oral head and neck cancer risk factors. oral mouth cancer risk factors. oral cancer risk factors and molecular pathogenesis. oral cancer risk factors pdf. oral cancer risk factors in new zealand. oral cancer risk factors statistics. development of oral cancer risk factors and prevention strategies

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