

PROFILE OF RISK FACTORS FOR ORAL CANCERS IN TERTIARY REFERRAL ENT HOSPITAL 2014-2015

N. Veeraswamy¹, B. Annapurna Rao², S. Surya Prakasa Rao³, B. Sudheer Chandra⁴, Swathi Vadlamani⁵

¹Assistant Professor, Department of ENT, Andhra Medical College, Visakhapatnam.

²Assistant Professor, Department of ENT, Andhra Medical College, Visakhapatnam.

³Professor, Department of ENT, Andhra Medical College, Visakhapatnam.

⁴Post Graduate, Department of ENT, Andhra Medical College, Visakhapatnam.

⁵Post Graduate, Department of ENT, Andhra Medical College, Visakhapatnam.

ABSTRACT**BACKGROUND**

Oral cancers constitute major portion of head and neck malignancies. Head and neck cancers constitute 30% to 40% of the total malignancies in the world. Increase in tobacco habits, both in the form of smoking and chewing lead to the recent increase in development of the oral malignancies.¹

AIMS AND OBJECTIVES

The aim of this study was 1. To know the risk factors associated with oral cancers in rural, urban-slums and urban-developing districts of coastal Andhra Pradesh, 2. To create awareness among the people of our country regarding the risk factors of oral cancers and necessary modifications of lifestyle to be taken.

MATERIALS AND METHODS

This study was conducted in Government ENT Hospital, Visakhapatnam. It is comprised of all confirmed cases of oral cancers reported in the hospital during the period of 1 year from December 2014 - December 2015. Study variables included demographic factors, socioeconomic factors and enquiries about the risk factors such as tobacco usage either in the form of smoking or chewing.

OBSERVATIONS

It was observed that out of the 50 cases in the study, females (66%) were reported to be more affected than males (34%). Most of the subjects belonged to lower middle and lower socio-economic group (94%), while very few belonged to upper-middle group (6%). Majority of the patients were in the age group of 41-50 and 51-60 years constituting about 60%, while very few were aged below 40 years and above 70 years. It was noted that 35 patients consumed tobacco in smoking form, out of which 13 patients smoked normally, whereas 22 smoked in reverse manner. All the reverse smokers were observed to be females; 11 patients consumed tobacco in chewing form. Most common site for oral cancer in this study population was hard palate.

CONCLUSION

This study should create awareness in the public to avoid irritant chewing habits and smoking in normal manner, reverse smoking in particular. Media including both Electronic and Print media should highlight the causes of oral cancers. Family physicians should advise preventive measures of oral cancers and promptly refer to the concerned ENT surgeon in case of any suspicion.

KEYWORDS

Oral Cancers, Smoking, Tobacco Chewing.

HOW TO CITE THIS ARTICLE: Veeraswamy N, Rao BA, Rao SSP, et al. Profile of risk factors for oral cancers in tertiary referral ENT hospital 2014-2015. J. Evolution Med. Dent. Sci. 2016;5(41):2508-2510, DOI: 10.14260/jemds/2016/585

INTRODUCTION

Oral cancers are the commonest malignancies of the head and neck encountered by an ENT surgeon in their day-to-day practice. This study is based on the identification of risk factors among oral cancer patients, who attended the OPD during the period of December 2014 – December 2015, in tertiary ENT Hospital. In spite of the extensive media campaigns and warnings given regarding the factors causing oral malignancies, the incidence of oral cancer is still on rise.² although there have been major advancements in surgical, radiation and chemotherapeutic techniques, the morbidity and mortality of the oral cancers have not declined.

Poor quality of life of the patient and its devastating impact on the family causes economic burden, thus affecting all spheres of life.

MATERIAL AND METHODS

This is a cross sectional study conducted during the period Dec 2014 – Dec 2015, at Outpatient Clinics of Ear, Nose, Throat Department, Government ENT Hospital, Andhra Medical College, Visakhapatnam, which is a tertiary care referral Hospital and Academic Institute. This Hospital provides services primarily to the people of coastal Andhra Pradesh, which includes five districts and also to the neighbouring states of Odisha and Chhattisgarh. During the study period 24,000 patients attended the OPD, out of which 50 patients were identified with oral malignancies and were taken as study sample.

Exclusion Criteria

Pre-malignant lesions like Leucoplakia, Erythroplakia, Submucosal fibrosis, Moles, Lichen planus, Pigmentations, Giant aphthous ulcers, Sharp dental margin ulcers, ulcers of

Financial or Other, Competing Interest: None.

Submission 19-02-2016, Peer Review 25-03-2016,

Acceptance 01-04-2016, Published 20-05-2016.

Corresponding Author:

*Dr. S. Surya Prakasa Rao,
50-27-15/1, Sitammadara. N. E,
Visakhapatnam-530013.*

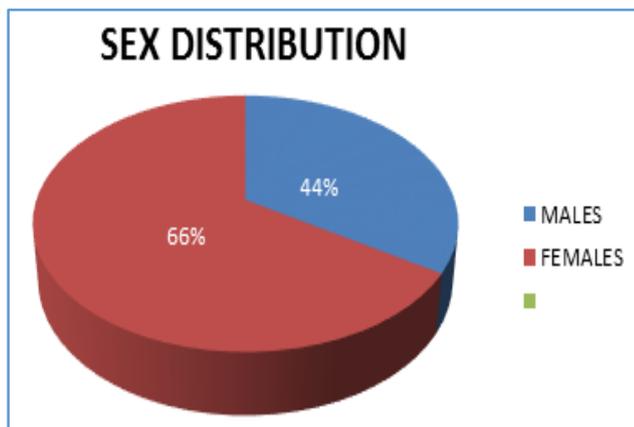
E-mail: drssprao@gmail.com

DOI: 10.14260/jemds/2016/585

Tuberculosis, syphilis and other granulomatous lesions were excluded from the study.

Inclusion Criteria

Histopathologically proven oral malignant lesions were included.

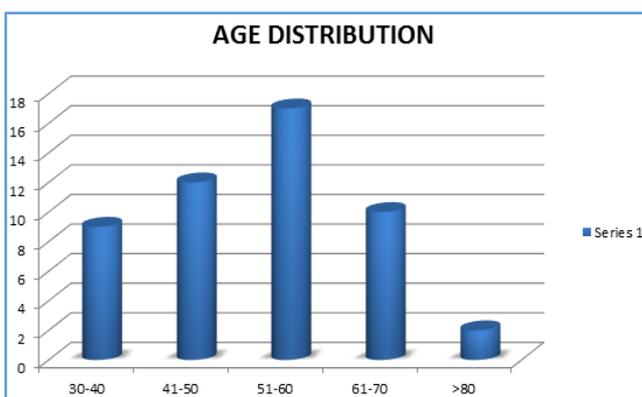


The total sample size comprised of 50 subjects, of which 33 were females (66%) and 17 were males (34%), showing female predilection.

Characteristics	Number of Subjects %
Age in Years	
30-40	9 (18.00)
41-50	12 (24.00)
51-60	17 (34.00)
61-70	10 (20.00)
71-80	2 (4.00)
80+	2 (4.00)
Total	50 (100.00)

Table 1: Distribution of Study According to Demographic Characteristics

As depicted in the above table, most of the patients of oral cancer belonged to the age group of 51-60 years (34%) followed by 41-50 years (24%). There were very few patients aged below 40 and above 70.



Smoking Habit	Normal Smoking	13
	Reverse Smoking	22
	Non Smokers	15
Chewing Habit	Khaini/Ghutka	11
	Nil	39

Duration of Smoking	Age in Years	Count
	0-10	3
	11-20	3
	21-30	8
	31-40	12
	41-50	9
	Nil	15

Table 2: Distribution of Study Subjects According to Tobacco Usage

Tobacco consumption habits are shown in the above table. It was noted that out of the 50 patients, 35 smoked tobacco and 15 were non-smokers. Among 35 subjects that smoked tobacco, 22 smoked in reverse manner. It is worth mentioning that all the reverse smokers were found to be females. Majority of patients smoked for around 30-40 years; 11 out of 50 patients consumed tobacco in chewable form, mainly khaini. Other popular chewable form was gutka and 39 patients did not chew any form of tobacco.

DISCUSSION

Oral cancers are the commonest of all the head and neck malignancies encountered by ENT surgeons in their day-to-day practice. They occur in both males and females, but this study shows a considerable female preponderance. (66% females and 34% males).³ A high proportion of cases were in the age group of 41-50, while the next common age group was 51-60 years. Majority of the patients belonged to low socioeconomic group, which may be a risk factor for poor oral hygiene, thereby increasing the risk of oral cancers.⁴ In spite of the extensive media campaign and warnings given regarding the proven risk factors of oral cancers, the number still seems to be on the rise.

Most patients consumed tobacco in some form or the other. From the set of 50 patients having oral cancer, it was observed that 35 were smokers, of which 22 smoked in reverse manner and 13 smoked normally. So it is noteworthy that the association of oral cancer with reverse smoking was more than that of normal smoking and hence reverse smoking can particularly be listed as one of the risk factors for oral malignancies.^{5,6}

Though, oral cancer is at site which is accessible for clinical examination and amenable to diagnosis, majority of cases report late to the health care facility. This reduces the chances of survival and increases the mortality and morbidity of oral malignancies. Hence, high index of suspicion is needed in highly incident areas, which lead to further investigation in order to identify the disease in the early stage to ensure good prognosis.⁷

CONCLUSION

Oral cancers constitute a major problem in India and account for the leading cause of morbidity and mortality. This study highlights the need of awareness to be created in the general population to avoid usage of irritant chewing habits, smoking in general and reverse smoking in particular. Extensive television advertisements regarding the hazards of smoking and chewing habits and their devastating impact on the daily life of individuals and their families is the need of the hour.

REFERENCES

1. Lambert R, Sauvaget C, de Camargo Cancela M, et al. Epidemiology of cancer from the oral cavity and oropharynx. *Eur J Gastroenterol Hepatol* 2011;23(8):633-41.
2. Williams HK. Molecular pathogenesis of oral squamous carcinoma. *Mol Pathol* 2000;53(4):165-72.
3. Ahluwalia K, Ro M, Erwin K, et al. Racial disparities in oral cancer risk and outcomes. *J cancer Educ* 2005;20(2):70-1.
4. Notani PN, Sanghvi LD. Role of diet in cancer of oral cavity. *Indian J cancer* 1976;13(2):156-60.
5. Brennan JA, Boele JO, Koch WM, et al. Association between cigarette smoking and mutation of p53 gene in head and neck squamous cell carcinoma. *N Engl J Med* 1995;332(111):712-7.
6. International agency for research on cancer. Tobacco smoke and involuntary smoking. IARC Monographs on the evaluation of carcinogenic risks to humans 2004;83:14-6.
7. Andre K, Schraub S, Mercier M, et al. Role of alcohol and tobacco in the aetiology of head and neck cancer-a case control study in the Doubs region of France. *Oral oncology European Journal of cancer* 1995;31B(5):301-9.