

Oral Cancer (Tobacco): Short Communication

Rehana Younus Lakhani*

Dentistry and Aesthetics, Pakistan

***Corresponding Author:** Rehana Younus Lakhani, Dentistry and Aesthetics, Pakistan.

Received: November 24, 2022; **Published:** January 31, 2023

Secondhand smoking

Why should we tolerate so much smoke when we ourselves don't do it? My request to the high authorities that please remove smoking area from everywhere.



Tobacco smoke is not acceptable for smokers and nonsmokers as well, research proved that Secondhand smoke contains more than 7,000 chemicals, including arsenic, formaldehyde, cyanide, lead, nicotine, carbon monoxide, acrolein, and other poisonous substances. So, there is no risk-free level of exposure to secondhand smoke. As it is clear now a days that secondhand smoke causes several health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and furthermore sudden infant death syndrome. Second-hand smoke causes serious cardiovascular and respiratory diseases, including coronary heart disease and lung cancer in adults as well.



- Oral malignancy is one of the most common cancers in the world. There are so many causes of oral cancer which we already know, but there are some unknown causes as well, which we cannot ignore. Two of the leading and common causes is tobacco (Smoking and chewing), with bad oral hygiene, alcohol is also one of the leading cause of lung cancer.
- In my opinion smoking is the leading preventable cause of death in most of our countries mostly in under developing countries.
- The overall 1-year survival rate for patients with all stages of oral cavity and pharynx cancers is 81%. The 5- and 10-year survival rates are 56% and 41%, respectively.
- Research shows that smoking is an addiction in which Nicotine is the primary substance in cigarettes that causes addiction, but all most all experts agree that it does not directly cause cancer which is true.

Smoking can cause cancer almost anywhere in your body. Have a look at smoking risks:

- Coronary heart disease
- Stroke
- Trachea, bronchus, larynx
- Lung cancer
- Blood (acute myeloid leukemia)
- Cervix
- Colon and rectum (colorectal)
- Esophagus, stomach
- Kidney and ureter and bladder
- Liver and pancreas
- Oropharynx (includes parts of the throat, tongue, soft palate, and the tonsils).

Our whole body is at the risk just because how smoke produce cancer?

- Now everybody is aware of how DNA is important for us.
- So, if DNA is damaged, things can go definitely wrong. The DNA in all our cells controls how they behave. For example, a chemical, benzo(a)pyrene causes damage specifically at a part of the DNA that normally protects our cells from cancer. benzo[a]pyrene is “carcinogenic to humans” based on strong and consistent evidence in animals and humans. When the body attempts to metabolize benzo[a]pyrene, the resulting diol epoxide reacts and binds to DNA, resulting in mutations and eventually cancer. It is listed as a group 1 carcinogen by the IARC (International Agency for Research on Cancer) so its clear we need to care and protect our protector by avoiding those acts which damage our guard and put our life at risk. Furthermore, Benzo pyrene found in coal tar and in grilled meat (less).
- Definition. Deoxyribonucleic acid, or DNA, is a biological macromolecule that carries hereditary information in many organisms. DNA is necessary to produce proteins, the regulation, metabolism, and reproduction of the cell.
- Or we can say that DNA deoxyribonucleic acid is a nucleic acid that contains the genetic instructions for the development and function of living things. All known cellular life and some viruses contain DNA. Major function of DNA is to encode the sequence of amino acid residues in proteins, using the genetic code.
- Just one to four cigarettes a day almost triples your risk of dying from lung cancer. And social smoking is particularly bad for your heart, as bad as regular smoking, it seems. Studies have shown light and intermittent smokers have nearly the same risk of heart disease as people who smoke daily.
- Huqqa, Tobacco chewing, Shisha, Naswar or Snuff (Moist powdered tobacco), raw tobacco, Gutika, Vape and Cigar almost all are injurious to heath at different degrees.
- WHO 2018 report, Tobacco kills up to half of its users (Family example).
- WHO Report 2018.
- Tobacco kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke.
- Around 80% of the world’s 1.1 billion smokers live in low- and middle-income countries. (Low literacy rate, socioeconomic issues, lake of basic health necessities, and stress).
- One of known consultant pulmonologist shared that smoking causes an estimated 90 percent of all lung cancer deaths in men and 80 percent in women and it claims lives of 100,000 people every year Jun 1, 2018.
- Health education (Head of the family).
- Monitor tobacco use and prevention policies.
- Protect people from tobacco use.
- Offer help to quit tobacco use.
- Warn about the dangers of tobacco.
- Enforce bans on tobacco advertising, promotion, and sponsorship.
- Raise taxes on tobacco.
- Exercise.
- Healthy living environment (activities on the area of interest).
- Spend time with anti-smoking social circle.
- Counseling.

Nonsmoker oral cancer?

- Very good oral hygiene.
- Non spicy food.
- Regular dentist visit.
- No systemic disease.
- Nonalcoholic with healthy diet.
- Healthy living style.
- Regular exercise.

Etiology?????????????

Volume 6 Issue 2 February 2023

©All rights reserved by Rehana Younus Lakhani.