

Prevention of oral cancers



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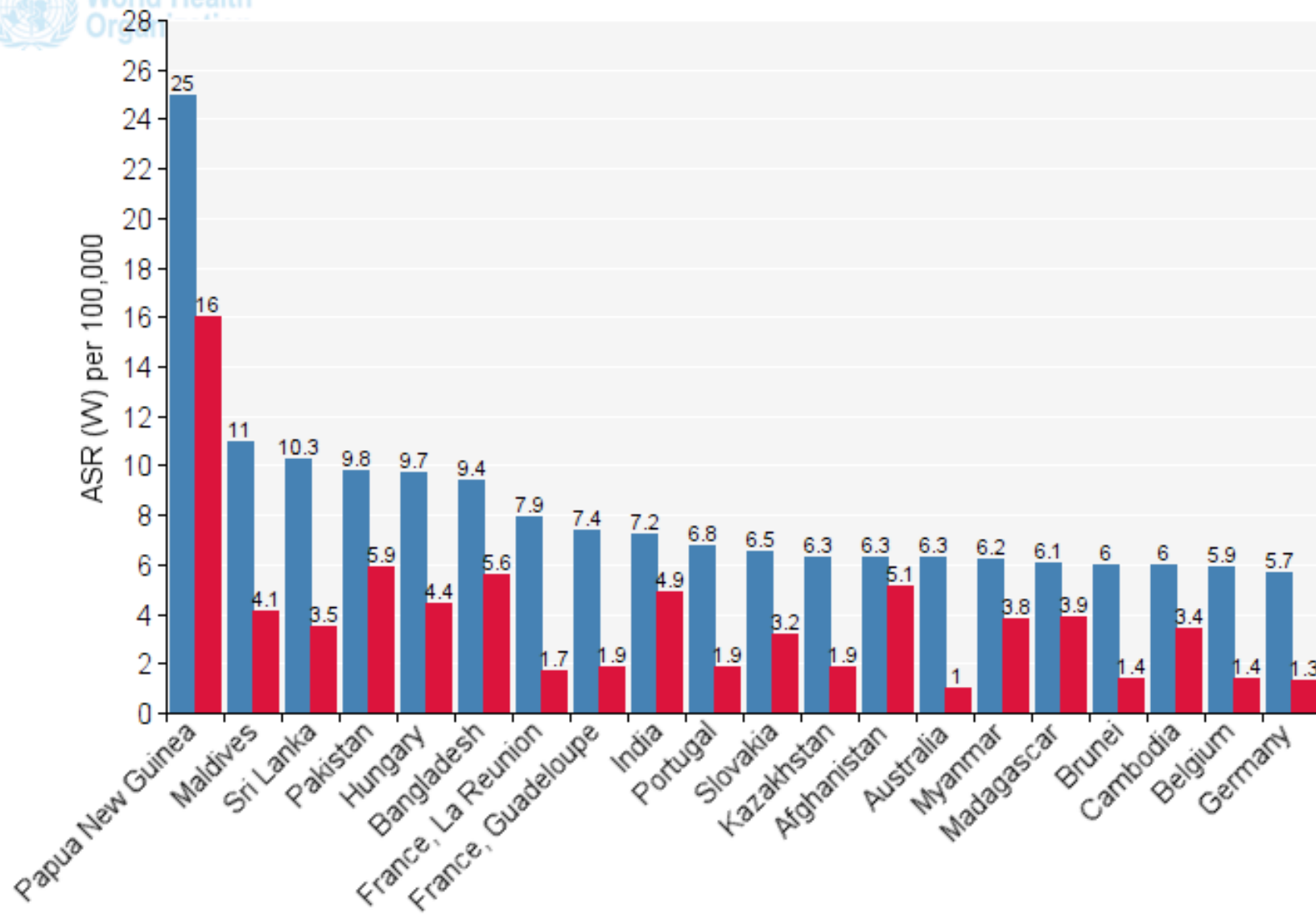
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National Cancer Control Programme

Colombo 5



Lip, oral cavity: both sexes, all ages



■ Incidence
■ Mortality

According to 2012 world cancer data

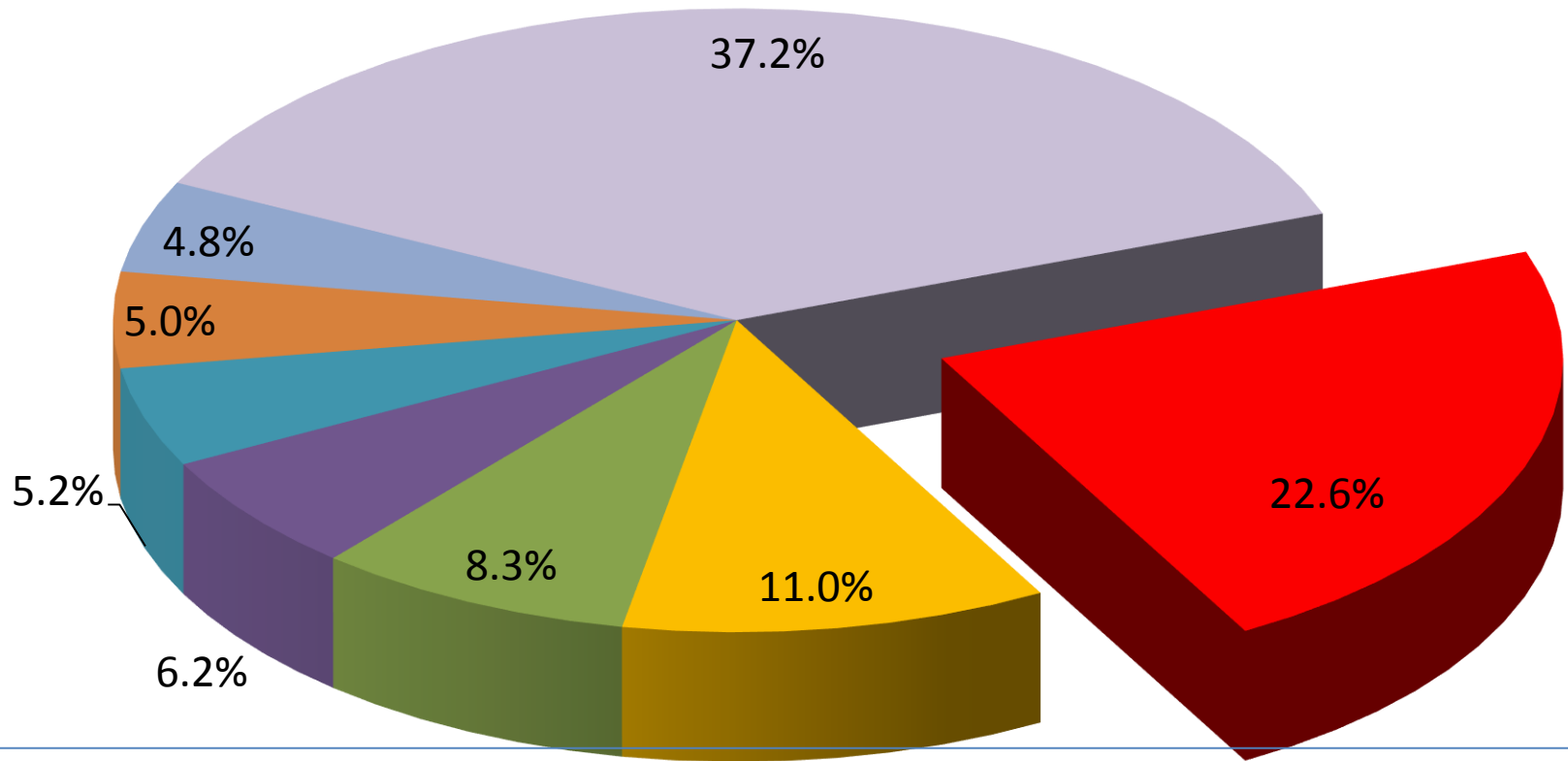
Number of new oral cancer patients - 3 03 040

Number of deaths due to oral cancer - 1 46 269

According to 2008 Sri Lankan cancer data

Number of new oral cancer patients - 2107

Leading cancer sites for males in SL - 2009



■ Lip, oral cavity and pharynx

■ Trachea, bronchus and lung

■ Oesophagus

■ Colon and rectum

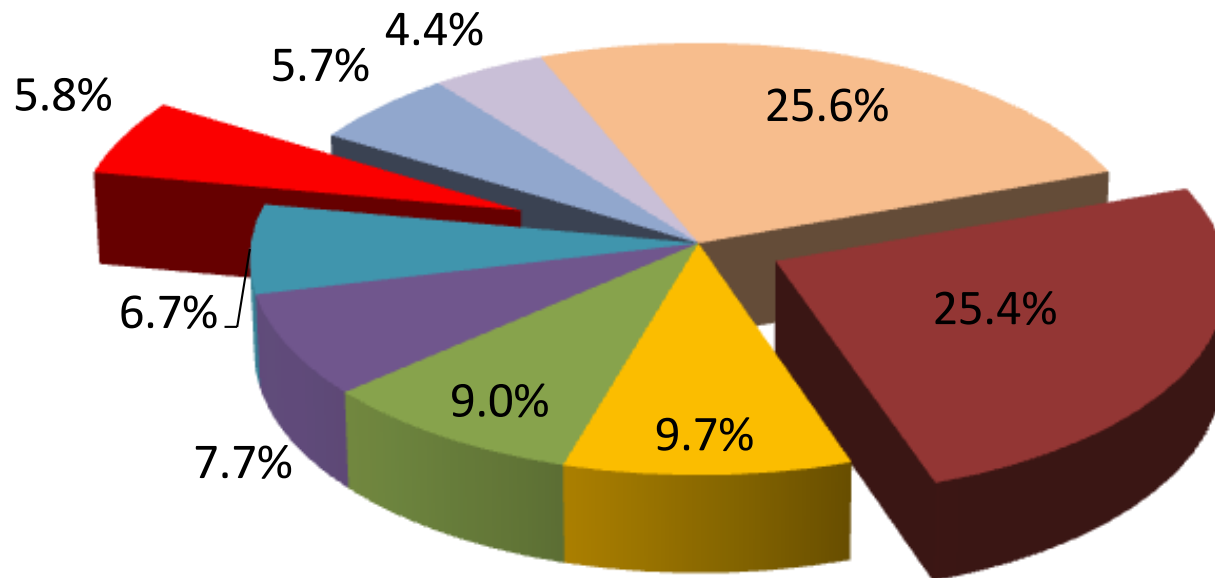
■ Lymphoma

■ Larynx

■ Prostate gland

■ Other





■ Breast

■ Thyroid gland

■ Oesophagus

■ Colon and rectum

■ Other

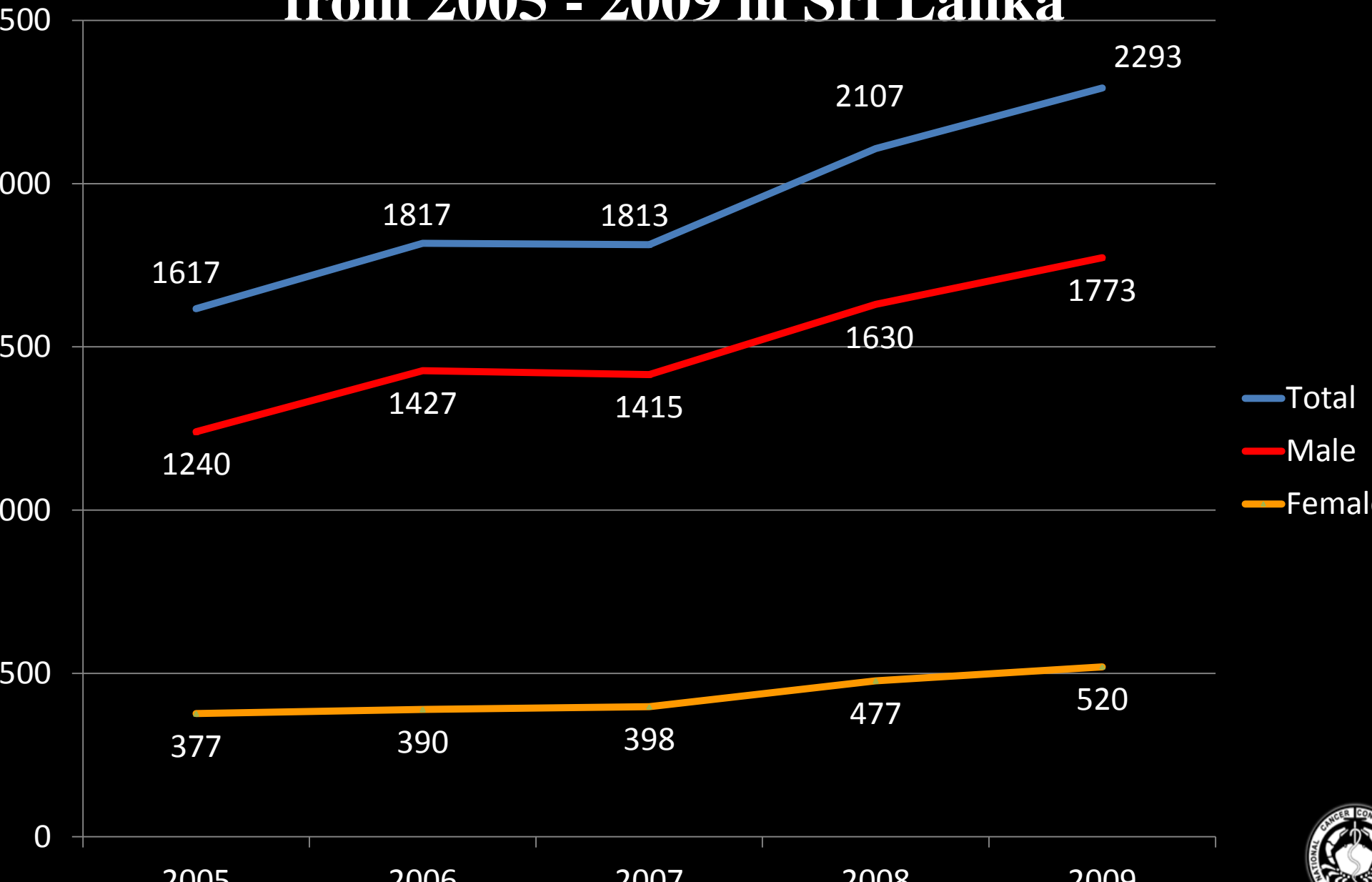
■ Cervix uteri

■ Ovary

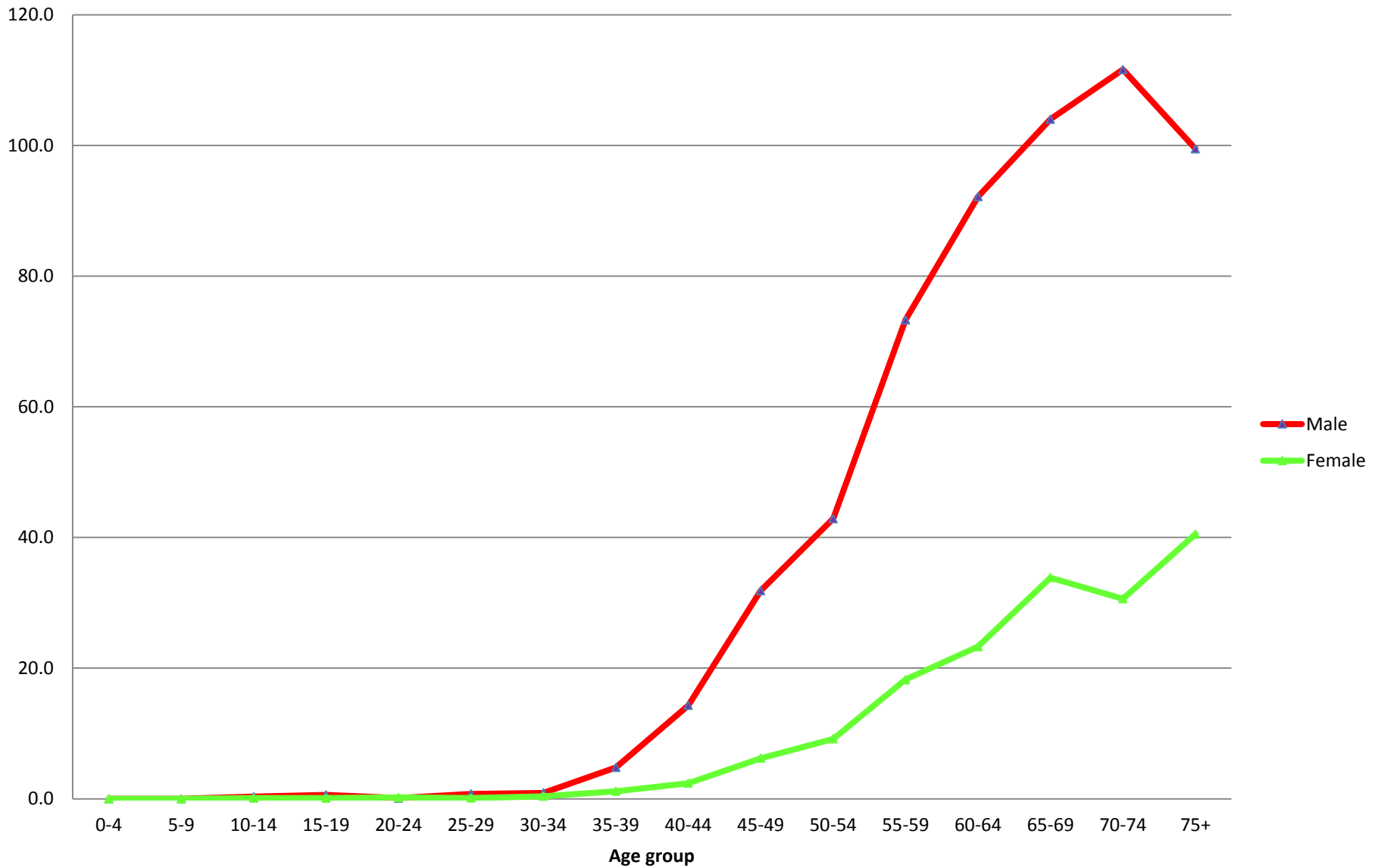
■ Lip, oral cavity and pharynx

■ Uterus

New oral cancer patients reported from 2005 - 2009 in Sri Lanka



Age specific rates- Lip, oral cavity and pharynx - 2009



Risk Factors of OC & OPMD

1. Betel quid / areca nut chewing
2. Tobacco in various forms – smoking / smokeless
3. Heavy alcohol consumption



Betel Quid



Betel Quid



Tobacco contains 28 carcinogens



Areca nut contains 4 carcinogens

Composition of the different types of chewing substances

Chewing substance	Betel	Areca nut	Tobacco	Slacked lime
Betel quid with tobacco	X	X	X	X
Betel quid without tobacco	X	X		X
Areca	X			
Pan masala		X		X
Khaini			X	X
Mawa		X	X	X

PRODUCTS USING ARECA NUT



Babul beda



Saravita



Mawa



Panparag

Commercially prepared Arecanut



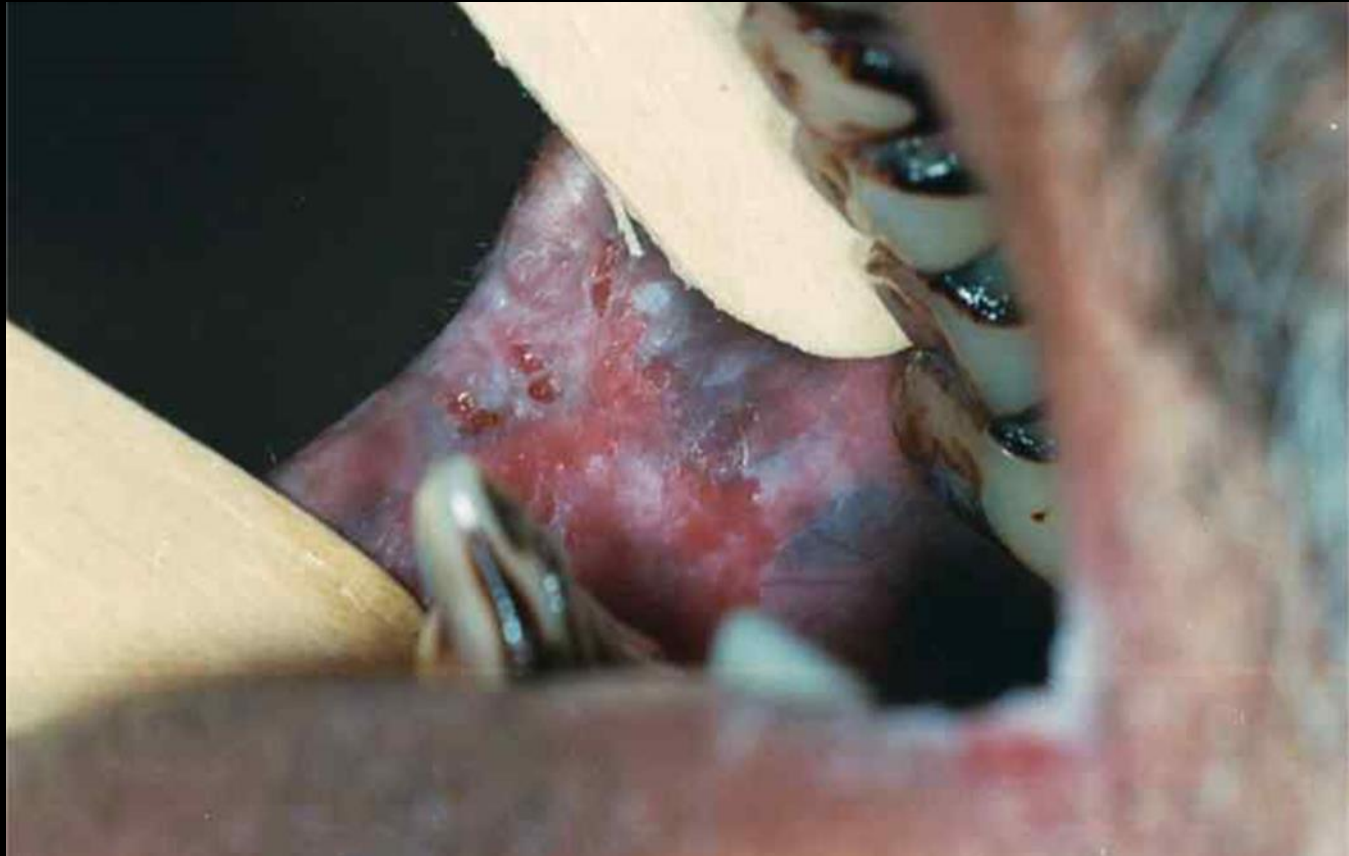
Oral Potentially Malignant Disorders

- White patches/ Leukoplakia



Oral Potentially Malignant Disorders

- Red patches / Erythroplakia



Oral Potentially Malignant Disorders

- White and red patches / Erythroleukoplakia



Oral Potentially Malignant Disorders

Oral Sub mucous Fibrosis



Prevention of OPMD

- Clinical oral examination by a dental surgeon.



- Self oral examination



Self oral examination

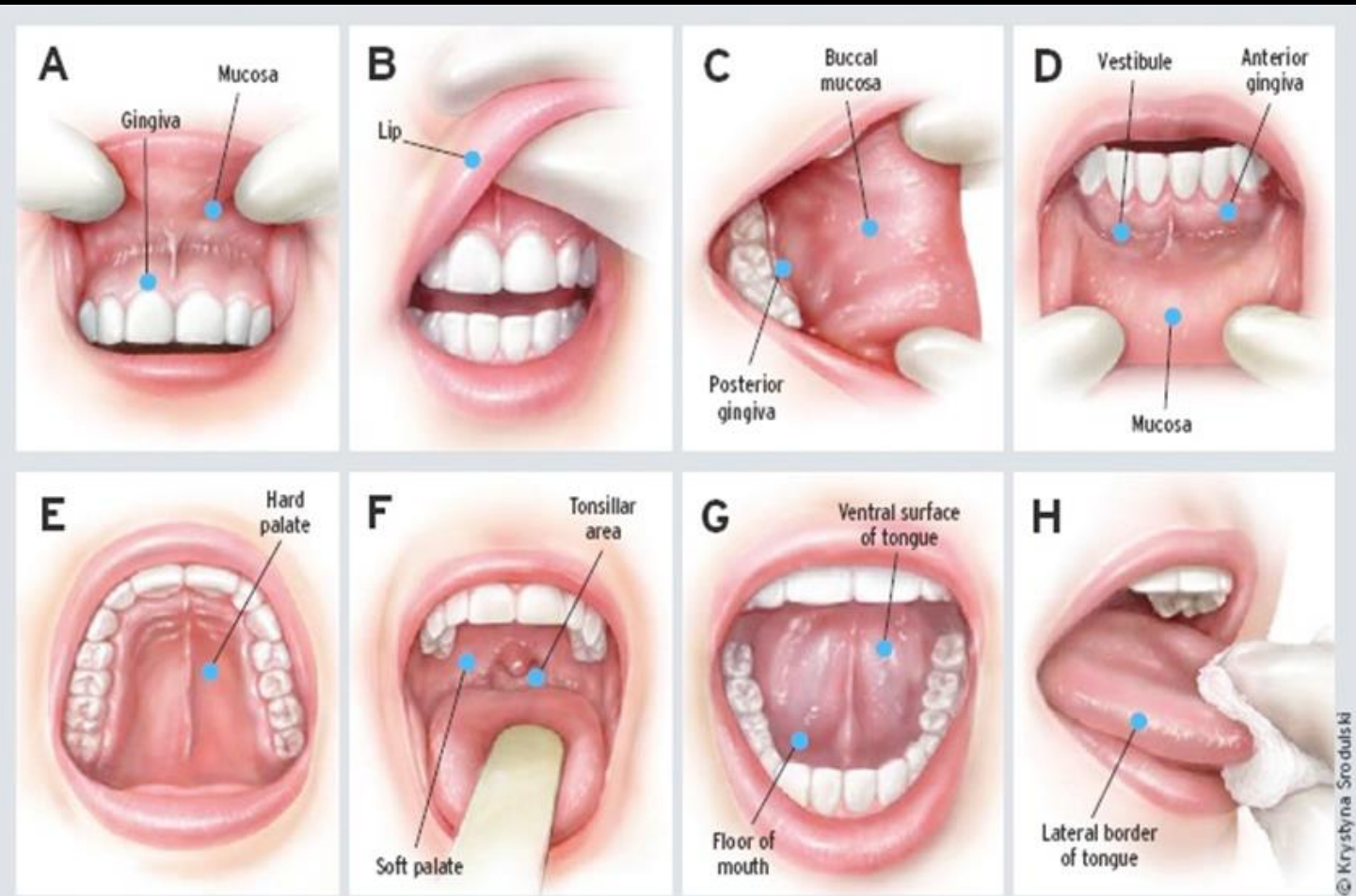


FIGURE 1. A brief screen for oral cancer includes this eight-step examination of the inside of the mouth.

High risk individuals for oral cancer

- Estate workers
- Labourers
- Bus drivers/ conductors
- Three-wheel drivers

High risk individuals for oral cancer

- People who chew betel everyday
- People who chew betel, smoking and consume alcohol
- Who consume commercial arecanut products

High risk individuals for OPMD and oral cancer should do

- self oral examination once a month
- clinical oral examination once a year

A close-up photograph of several vibrant pink tulips with green leaves, set against a black background. The flowers are in various stages of bloom, with some showing the layered petals.

Thank you

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