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Are you at risk of having oral cancer?

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Aim: To detect if you are at risk of getting oral cancer or not.

Material & Methods: By detection of the risk factors, prevention, symptoms and signs of oral cancer, methods of diagnosis, assessment and treatment.

Result: Tobacco, alcohol, sun and past history of head and neck cancer are risk factors for oral cancers. So, avoiding smoking, alcohol and decreasing exposure to sun, seeing your doctor and self examination decreases the risk for oral cancer. By routine oral examinations, the dentist can detect any abnormality that may be early manifestation of the oral cancer. Also, the main treatment is surgery for small cancers while chemotherapy and radiotherapy in addition to surgery for larger tumors.

Conclusion: Smoking, alcohol, prolonged exposure to sun and history of head and neck tumors are risk factors for oral cancer; so avoid them and visit your dentist regularly.

Biography

Amerah Alsalem is a dental intern in Riyadh Colleges of Dentistry and Pharmacy (RCsDP), Kingdom Saudi Arabia.

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