



Editorial

Common Risk Factors Of Oral Cancer

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There are several causes of head and neck cancers. These include dietary causes (improper intake of vitamins and nutrients), human papillomavirus, Epstein-Barr virus, gastroesophageal reflux disease, tobacco smoking, alcohol use and chewing of betel nut, pan and gutka. Among all these, the most prominent causes that develop the tumors of HNSCC are alcohol consumption and tobacco smoking [1]. There are also other many causes including cigar smoking that directly affects the oral cavity and other environmental carcinogens constitute professional hazards including exposure of textile fibres, wood working and refining of nickel [2,3]. Use of Marijuana also known as Cannabis, Hashish or Hash oil increases the risk of developing squamous cell carcinoma and it is the most common drug which is used legally among the population of United States [4].

Cigarette smoking and alcohol consumption in excessive amounts are the major risk factors for oral squamous cell carcinoma [5]. Epidemiological studies in the world have implicated that there are also other many factors related to diet and nutrition that increase the risk of disease. These factors include low intake of fruits in daily diet [6] and foods rich in animal products such as dairy and meat, whereas the diets which include fruits, vegetables, cereals and olive oil and supplementation with different vitamins give the protection against the disease and decrease the risk up to a certain level. In a study, it is found that the use of wood stove cooking and intake of chili powder increases the risk. Generally, chemopreventive agents decrease the size of oral leukoplakia or the frequency of secondary oral cancers in the chemoprevention trials [7].

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