

## CANCER OF ORAL MUCOSA: ETIOLOGY, DIAGNOSIS AND TREATMENT

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**Abstract:** Early diagnosis of oral cancer is very important. If the cancer spreads to other areas, it becomes more difficult to isolate and treat it. Conversely, if the cancer has not spread to the surrounding tissue, there is a high chance of survival.

Oral cancer, if diagnosed early, can be treated surgically in almost 90% of cases. Along with surgery, radiation therapy and chemotherapy have led to a significant improvement in treatment rates.

**Key words:** X-rays, oral cancer, red spot, leukoplakia, pain, mucosa, nodes.

The exact causes of oral cancer are not fully understood. But some risk factors have been identified. Tobacco, smoking, and chewing contribute significantly to oral cancer. Excessive alcohol consumption also increases the risk. When combining tobacco and alcohol, the risk increases even more. In addition, human papillomavirus (HPV) infection, specifically strains HPV16 and HPV18, increases the risk of developing oral cancer.

Your doctor will perform an oral cancer test to check for swelling or swollen tissue in your mouth. A biopsy is performed to determine the condition of the suspicious area. Although there are different biopsies, the doctor will determine which one is most suitable for you.

Unpleasant spots: the surface of the mouth is usually covered with squamous cells, from which oral cancer begins. A white or red spot on the tongue, gums, tonsils, or mouth can be a sign of a squamous cell tumor.

White and red spots: red and white spots on the mouth can cause abnormal cell growth, which can develop into cancer. If the spots persist for more than two weeks, you should see your doctor. These painless oral abnormalities may be early signs of oral cancer.

Red spots: red spots on the mouth are the first signs of cancer in most cases, so never ignore such colored spots in your mouth. If you see bright red spots, your doctor will recommend a biopsy of these cells.

White spots: white spots on the mouth are called leukoplakia. These spots can occur as a result of a broken prosthesis, a rough tooth, a bite to the cheeks or lips, the action of carcinogenic substances and cell proliferation.

Any white or red spots indicate that the tissue is abnormal and can turn into cancer.

Wounds on the tongue: red dots often appear on the lower part of the mouth under the tongue or on the gums behind the teeth. You should always check against any unusual symptoms of your mouth.

**Stomatitis:** despite the fact that stomatitis ulcers are painful, they are not cancer. Stomatitis is similar to a wound in the mouth, which often occurs in Burns and scrapes. It usually recovers within two weeks, but if it lasts a long time from it, it is better to undergo a doctor's examination.

Early detection of oral cancer is essential for successful treatment. Knowing common symptoms can help people identify potential warning signs and seek immediate medical attention. Some of the typical symptoms of oral cancer are:

**Permanent mouth sores:** non-healing wounds or sores that last more than three weeks in the mouth should not be ignored.

**Red or white spots:** the appearance of red or white spots on the mouth, tongue or cheek mucosa should be checked by a health professional.

**Unexplained bleeding:** incomprehensible bleeding from the mouth or throat should be assessed. Because this may indicate the main problem.

**Pain or discomfort:** constant pain, pain, or feeling that something is caught in the throat can be signs of oral cancer.

**Changes in speech or difficulty swallowing:** difficulty speaking or swallowing clearly, as well as constant changes in voice can be signs of oral cancer.

**Numbness or loss of sensitivity:** numbness, numbness or tingling sensation in the mouth or lip may indicate a major problem.

**Swollen lymph nodes:** enlarged lymph nodes in the neck can be a sign of the spread of cancer

The main methods of treating oral cancer are:

**Surgery** is the surgical removal of cancer cells in combination with some normal tissue or cells.

**Radiation therapy**-high-energy X-rays are used to destroy cancer cells.

**Chemotherapy**-cancer cells are destroyed with the help of powerful drugs.

Oral cancer treatment not only treats cancer, but also improves important oral functions such as breathing, speaking, and eating.

Early warning signs of oral cancer include mouth sores, white or red spots, sensitivity, or pain. Anyone who notices these symptoms should see a doctor. Early diagnosis increases the likelihood of successful treatment. When you notice any changes in your oral cavity that bother you and last more than two weeks, consult a doctor.

Oral diagnosis cancer usually involves several steps to determine the presence and extent of the disease. During the physical examination, the doctor will thoroughly examine the mouth, tongue, throat and neck for any abnormalities. They can also ask about the patient's medical history and risk factors.

If oral cancer is suspected, further tests are recommended. These include:

**Biopsy:** a small tissue sample taken from a suspicious area and examined under a microscope to identify cancer cells.

**Imaging tests:** can scan X-rays, computed tomography (CT), magnetic resonance imaging (MRI), or positron emission tomography (PET) to determine the size of the tumor and the extent of its spread.

**Endoscopy:** to see the throat, vocal cords and other structures, a thin, flexible tube with light and a camera (endoscope) is used at its tip.

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