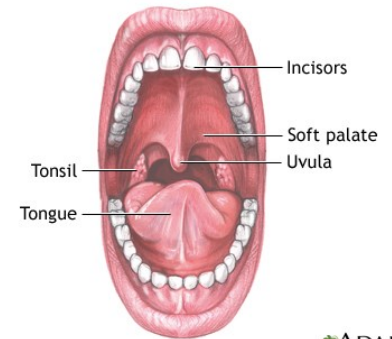


Oral Cancer

Oral cancer includes cancers of the mouth and the back of the throat. These are found on the tongue, in the tissue lining the mouth and gums, under the tongue, at the base of the tongue, and in the throat area at the back of the mouth. It occurs most often in people over 40 years of age and affects more than twice as many men than women. Most cases of oral cancers are related to tobacco use, alcohol use (or both), and infection with the human papillomavirus (HPV).



ADAM.

Signs and symptoms:

Some of the signs or symptoms that may occur are as follows:

- Discomfort, pain, or irritation that does not go away.
- Red and white spots.
- Fatigue or muscle weakness.
- Sensitivity and numbness of the mouth or lips.
- Lumps, swelling, rough areas, peeling areas.
- Difficulty chewing, swallowing, speaking, or moving.
- Changes in the way your teeth fit together when you close your mouth.

Risk factors:

Risk factors can be the following:

- Poor nutrition.
- It is more common in men over 40 years of age.
- Infection with the human papilloma virus.
- Taking medications that weaken the immune system (immunosuppressants).
- Poor oral and dental hygiene.
- Smoking and drinking alcohol.

Tests and Comprehensive evaluations:

Your doctor or dentist will examine the affected area of your mouth. The tests that are done to confirm oral cancer are:

- Biopsy of the gum and tongue.
- X-rays.
- Computed Tomography (CT) scans.
- Magnetic resonance imaging (MRI).

Treatments and Medications:

- It is recommended to remove the tumor if it is small enough.
- Surgery may be used along with radiation therapy and chemotherapy for larger tumors.

The stress caused by the disease can be relieved by joining a cancer support group. Sharing with others who have common experiences and problems can help you, not feel alone.

Prevention:

You can reduce your risk of oral cancer by:

- Avoiding cigarette or other tobacco use.
- Limiting or avoiding alcohol consumption.
- Visiting the dentist and practicing good oral hygiene.

Oral cancer and its treatment can cause dental problems. It is important to have a healthy mouth before cancer treatment begins.

- Go to the dentist for a complete exam, ideally one month before starting cancer treatment.
- Before starting cancer treatment, while you are receiving it, and afterward, ask your health care provider about ways to control pain and other symptoms, and to mitigate the side effects of therapy.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage any emotional and physical concerns that may come up during oral care, please, visit your dentist or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133



References:

<https://www.nidcr.nih.gov/espanol/temas-de-salud/cancer-oral>

<https://medlineplus.gov/spanish/ency/article/001035.htm>

<https://www.cdc.gov/cancer/headneck/index.htm>

<https://www.mayoclinic.org/diseases-conditions/mouth-cancer/symptoms-causes/syc-20350997>

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