



Awareness About Oral Cancer Among Dental Students

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ABSTRACT

Oral cancer affects people in the 6th and seventh many years of existence with a background marked by smoking tobacco and, or liquor utilization. Early acknowledgement and referral are basic as less treatment is required to decrease mortality and morbidity. Past examinations have demonstrated that oral cancer can be quiet in symptoms with attention to primal signs being increasingly advantageous in diagnosis. To assessing oral cancer knowledge and awareness among undergraduate dental students A cross-sectional survey was done with a self-administered questionnaire with 10 questions circulated among 100 dental students. The questionnaire assessed the awareness about oral cancer, their risk factors, clinical manifestations, diagnosis and management strategies. The responses were recorded and analysed. 96 % of dental students were aware of oral cancer. 95% said smoking and tobacco-related products are the major risk factors of oral cancer. 85% were aware of clinical manifestation of oral cancer. 71% were aware of the diagnosis of oral cancer and 65% were aware of management strategies for oral cancer. Greater part of the responders in this investigation had satisfactory information about clinical indications of oral cancer. Efforts ought to be made to develop inspirational disposition towards avoidance of oral cancer. There is a necessity to present instructions on counteraction, early referral and demonstrative techniques for oral cancer.

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INTRODUCTION

Oral cancer influences people in the 6th and seventh many years of existence with a past filled with tobacco smoking and, or liquor ingestion (Napier and Speight, 2007; Speight *et al.*, 1996). Early

acknowledgement and referral are basic as less treatment is required to decrease mortality and morbidity. Past examinations have demonstrated that oral cancer can be quiet in symptoms with attention to early signs being increasingly useful in determination (Aaronson *et al.*, 1987). Oral cancer has tetrad vital signs which endorse further examination. These are leukoplakia, erythroplakia, blended form(erythroleukoplakia), and ulceration. Ulceration is the most common sign. The dominance of this sickness is recognized through the clinical presentation (Simpkins and Kanatas, 2016).

Oral cancer is predominant cancer on the planet. It represents around 2.4 percent of all cancers with an increased rate in developing nations. Universally, it speaks to an occurrence of 3% and 2% of all cancers among all people. Oral cancer is, to a great extent, preventable. Early determination of the danger significantly increments endurance rates. The prog-

nosis of oral cancer is moderate to poor (McGurk, 1992; Schnetler, 1992).

Inclining causatives for oral cancer are substantial utilization of tobacco, overabundant liquor utilization, a diet lacking in foods grown from the ground, paan and betel nut biting and miserable oral cleanliness (Castellsagué *et al.*, 2004; Turnberg, 1993). There are few investigations in India about oral cancer information among population and college undergraduates. Hence the current study is aimed at assessing oral cancer knowledge and awareness among dental undergraduate students.

MATERIALS AND METHODS

A cross-sectional study was done with a self-administered questionnaire with 10 questions circulated among 100 dental students. The questionnaire assessed the awareness about oral cancer, their risk factors, clinical manifestations, diagnosis and management strategies. The responses were recorded and analysed.

RESULTS AND DISCUSSION

96 % of dental students were aware of oral cancer (Figure 1).95% said smoking and tobacco-related products are the major risk factors of oral cancer (Figure 2).85% were aware of clinical manifestation of oral cancer (Figure 3).71% were aware of the diagnosis of oral cancer (Figure 4) and 65% were aware of management strategies for oral cancer(Figure 5).

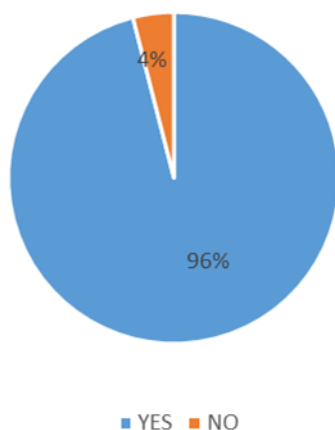


Figure 1: Awareness of oral cancer

Oral cancer is one among the most lethal medical issues looked by humankind and is the 6th most basic reason for cancer-related demises (Johnson *et al.*, 2000). Potentially malignant disorders (PMDs) are oral lesions and conditions related with a higher danger of threatening change. Early recognition, treatment and recognizable proof of patients

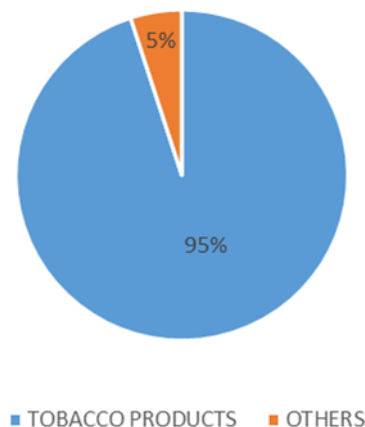


Figure 2: Risk factors of oral cancer

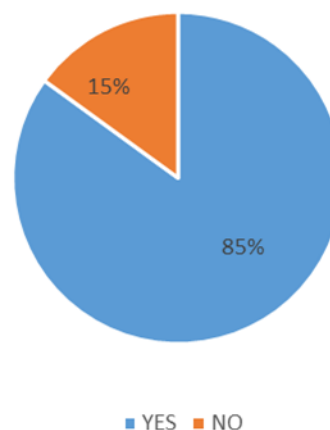


Figure 3: Awareness of clinical manifestation of oral cancer

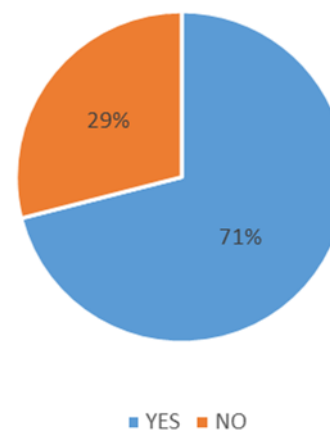


Figure 4: Awareness of diagnosis of oral cancer

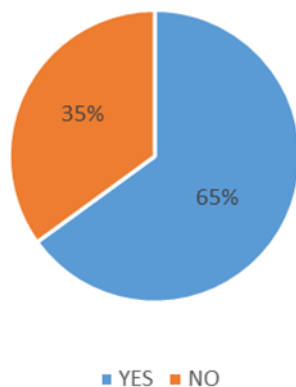


Figure 5: Awareness of management strategies of oral cancer

in danger remain the most significant methodology for lessening the danger of dangerous change related with PMDs.

This examination explored the mindfulness and information on undergrad dental understudies in regards to clinical signs, chance components and treatability of oral cancer. The awareness among dental students in this study (92%) was found higher than clinical undergraduates in the UK (28%). Greater part of the respondents could distinguish the clinical signs and indications of oral cancer. A comparable finding was accounted for in Pakistani undergrad clinical and dental understudies. Our investigation demonstrated that 95% recognized smoking as the most well-known hazard factor for oral cancer which is predictable with different examinations from various nations (Pindborg *et al.*, 2012).

Open and essential human services laborers ought to be engaged with instruction and awareness program on oral cancer and they ought to be urged to take an interest in wellbeing training by giving data on oral cancer and preventive strategies to residents across the nation. The job of broad communications, especially media, ought to be worried as it was found to assume a key job in giving wellbeing instruction and conviction changes. More youth could be drawn nearer through long-range informal communication destinations. Since this investigation is constrained by its small sample size, concentrates with bigger and delegate tests are prescribed to affirm the discoveries of the current examination which will assist with growing the information base for dental and other social insurance suppliers and leaders to make prudent decisions (Alhazzazi, 2017).

The dental educational program for understudies ought to have more accentuation on analytic and prognostic variables of oral cancer just as strong

consideration. Morbidity and mortality are probably going to be decreased if future dental specialists realize how to forestall and distinguish oral cancer. An extensive oral cancer assessment and hazard appraisal are measures that may prompt early discovery and anticipation of oral cancer the same number of specialists concur that the key isn't recognizing oral cancer however distinguishing tissue that isn't ordinary and making a proper move (Dajil, 2013; Ogden and Mahboobi, 2011).

Early distinguishing proof of oral cancerous injuries diminishes rates of morbidity and mortality, expands the personal satisfaction and brings down treatment costs. Instruction of future dental specialists begins from dental school and ongoing updates should be strengthened among understudies alongside cutting edge preparing in discovery and palliative consideration of cancer.

CONCLUSION

Greater part of the responders in this investigation had satisfactory information about clinical indications of oral cancer in the oral cavity. Efforts ought to be made to develop inspirational disposition towards avoidance of this cancer. There is a necessity to present instructions on counteraction, early referral and demonstrative techniques for oral cancer.

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Conflict of Interest

The authors declare that they have no conflict of interest for this study.

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