

## Do you know?

- Around 250,000 tobacco related cancers are diagnosed each year in India.
- In India 2200 people die due to tobacco use, everyday.
- 40% of all the cancers are due to tobacco consumption in some form.
- Tobacco consumption leads to cancer of oral cavity, nasal cavity, voice box, food pipe and lungs.
- Tobacco is also a contributory factor for cancer of the pancreas, bladder, kidney, stomach and uterine cervix.

### Warning signals of Oral Cancer

Before oral cancer develops, the body will give certain warning signals. These are also known as precancerous lesions. Most oral cancers develop from these precancers.

#### A) Leucoplakia

**(White patch in the mouth)**

Normally develops at the site where the person places the tobacco in the mouth.



#### B) Erythroplakia (Red patch in the mouth)

A velvety red patch that develops in the oral mucosa.

#### C) Submucous Fibrosis

A chronic mucosal condition that results in uniform whitish discoloration of the entire oral cavity with

- (i) Difficulty in opening mouth fully
- (ii) Intolerance to spicy food.



#### D) Non healing Ulcers

This ulcer is usually painless, keeps increasing in size, and does not show signs of healing.



### Other harmful effects of Tobacco

- **Heart Diseases :**  
Hypertension (high blood pressure), Angina, coronary heart disease (heart attack)
- **Cerebrovascular disease :**  
Stroke (Paralysis)
- **Respiratory diseases :**  
Sinusitis, emphysema, bronchitis, asthma.
- **Peripheral Vascular Diseases :**  
Gangrene of toes, cramps in the legs on walking, loss of stamina.
- **Impotence**

### Investigations that help diagnosing Cancer of Head & Neck Region

- **Biopsy :**  
The doctor collects a small sample of the suspected lesion to examine under a microscope.
- **Indirect Laryngoscopy :**  
Here the doctor uses the laryngeal scope to examine the voice box for cancer.
- **Chest X-ray :** Chest X-rays are important in detecting lung cancer.

### Myths about Tobacco Consumption

- There is no safe cigarette. Filtered, menthol, imported, low tar or low nicotine cigarettes are all harmful.
- Tobacco consumed in paan, snuff, gutka or dental paste is not safe either.
- Bidis are not less harmful than cigarettes.