Тема №16. Cancer of the Oral Cavity (causes and symptoms)

 Уважаемые студенты!

* 1. Прочтите текст “Oral Cancer”.
	2. Составьте его пересказ на английском языке (13-15 предложений)
	3. Выпишите 10 новых для вас слов с транскрипцией и переводом.
	4. Решите ситуационную задачу:
* К Вам обратился человек с жалобами на новообразование во рту. Задайте ему необходимые вопросы и дайте совет или рекомендацию. Обратите внимание на наличие/ отсутствие боли, наличие /отсутствие кровоточивости, наличие/ отсутствие неприятных ощущений.

**Oral Cancer**

[Cancer](https://www.webmd.com/cancer/default.htm) is defined as the uncontrollable growth of cells that invade and cause damage to surrounding tissue. [Oral cancer](https://www.webmd.com/oral-health/guide/oral-cancer) appears as a growth or sore in the mouth that does not go away. Oral cancer, which includes cancers of the lips, [tongue](https://www.webmd.com/oral-health/picture-of-the-tongue), cheeks, floor of the [mouth](https://www.webmd.com/oral-health/ss/slideshow-mouth-problems), hard and soft palate, [sinuses](https://www.webmd.com/allergies/picture-of-the-sinuses), and pharynx (throat), can be life threatening if not diagnosed and treated early.

## What Are the Symptoms of Oral Cancer?

The most common symptoms of oral cancer include:

* Swellings/thickenings, lumps or bumps, rough spots/crusts/or eroded areas on the lips, gums, or other areas inside the [mouth](https://www.webmd.com/oral-health/rm-quiz-mouth-myths)
* The development of velvety white, red, or speckled (white and red) patches in the mouth
* Unexplained bleeding in the mouth
* Unexplained numbness, loss of feeling, or pain/tenderness in any area of the face, mouth, or neck
* Persistent sores on the face, neck, or mouth that bleed easily and do not heal within 2 weeks

A soreness or feeling that something is caught in the back of the throat

* Difficulty chewing or swallowing, speaking, or moving the jaw or tongue
* Hoarseness, chronic [sore throat](https://www.webmd.com/cold-and-flu/understanding-sore-throat-basics), or change in voice
* [Ear pain](https://www.webmd.com/cold-and-flu/ear-infection/earache-cold-ear-infection)
* A change in the way your [teeth](https://www.webmd.com/oral-health/picture-of-the-teeth) or dentures fit together
* Dramatic [weight loss](https://www.webmd.com/diet/default.htm)

## Who Gets Oral Cancer?

According to the American [Cancer](https://www.webmd.com/cancer/ss/does-this-cause-cancer) Society, men face twice the risk of developing oral cancer as women, and men who are over age 50 face the greatest risk. It's estimated that over 50,000 people in the U.S. received a diagnosis of oral [cancer](https://www.webmd.com/cancer/cancer-prevention-detection-18/rm-quiz-cancer-myths-facts) in 2019.

Risk factors for the development of oral [cancer](https://www.webmd.com/cancer/health-check-cancer-risk/default.htm) include:

* [**Smoking**](https://www.webmd.com/smoking-cessation/default.htm)**.** Cigarette, [cigar](https://www.webmd.com/smoking-cessation/effects-of-smoking-pipes-and-cigars), or pipe smokers are six times more likely than nonsmokers to develop oral cancers.
* **Smokeless**[**tobacco**](https://www.webmd.com/smoking-cessation/ss/slideshow-tips-quit-smoking)**users.** Users of dip, snuff, or chewing tobacco products are 50 times more likely to develop cancers of the cheek, gums, and lining of the lips.
* **Excessive consumption of alcohol.** Oral cancers are about six times more common in drinkers than in nondrinkers.
* **Family history of cancer.**
* **Excessive sun exposure,** especially at a young age.
* **Human papillomavirus (HPV).** Certain HPV strains are etiologic risk factors for Oropharyngeal [Squamous Cell Carcinoma](https://www.webmd.com/melanoma-skin-cancer/melanoma-guide/squamous-cell-carcinoma) (OSCC).

It is important to note that over 25% of all oral cancers occur in people who do not smoke and who only drink alcohol occasionally.

## What Is the Outlook for People With Oral Cancer?

The overall 5-year survival rate for patients with an early diagnosis of oral cavity and pharynx cancers is 84%. If the cancer has spread to nearby tissues, organs, or lymph nodes, the 5-year survival rate drops to 65%.

## How Is Oral Cancer Treated?

Oral cancer is treated the same way many other cancers are treated -- with surgery to remove the cancerous growth, followed by [radiation therapy](https://www.webmd.com/cancer/what-to-expect-from-radiation-therapy) and/or [chemotherapy](https://www.webmd.com/cancer/chemotherapy-what-to-expect) (drug treatments) to destroy any remaining cancer cells.

## What Can I Do to Prevent Oral Cancer?

To prevent oral cancer:

* Don't smoke or use any tobacco products and drink alcohol in moderation (and refrain from binge drinking).
* Eat a well balanced diet.
* Limit your exposure to the sun. Repeated exposure increases the risk of cancer on the lip, especially the lower lip. When in the sun, use UV-A/B-blocking sun protective lotions on your [skin](https://www.webmd.com/skin-problems-and-treatments/picture-of-the-skin), as well as your lips.