

# The Dentists' Roles in Reducing Oral Cancer

Mashhour Alwreikat, Reem Aloun, Hind Maayta, Sama Taamneh, Aseel Almomani

## 1. Introduction

Oral cancer is one of the burden cancer that effects young men adults mainly due to smoking and alcoholic drinks. Different critical signs could be as first signs of the oral cancer such as mouth sores with bleeding, jaw stiffness, and white patches.

## 2. Aims

The purpose of this study is to increase the awareness of young men about oral cancer and increase their awareness about the importance of oral examination and regular check up in detecting early changes related to oral cancer .

## 3. Methods

50 young smoker men (25 years old  $\pm$ 8 years) from the King Hussein Medical Center who visited dental clinic for any of our provided dental treatments were asked to participate in this study. The dentist provided regular examination to oral cavity, tongue, gum, and cheek lining to each participants. Then, instructions were given to each participant to be aware about oral cancer signs and symptoms .Any changes in oral cavity like ulcerative lesions , white or red patches should be considered seriously by patients . Finally, each participants were asked to provide their feedback about this examination and instructions, and to show if they are planning to change their life habits such as reduce smoking

## 4. Results

80% of the participants show positive feedback and response to reduce smoking and book for a regular check up.However, 15% of the participants refused to change their life style. On other hand, 5% of the participants showed neutral feedback.

## 5. Conclusion

Smoker young men are more affected by oral cancer than women; thus, providing a regular check up and provide some advices such as reduce smoking by dentistsare essential to reduce oral cancer incidences among young men. Regular check up will continue with the participants to assess their oral health improvement.