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CLINICAL, EPIDEMIOLOGICAL, AND ORAL CANCER TREATMENT: A LITERATURE REVIEW

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ABSTRACT

Objective: to identify clinical, epidemiological aspects and treatment of the oral cancer. **Methods**: It is a literature review, through a qualitative research, carried out by searching scientific articles in Lilacs, Scielo, Medline databases and periodical portals such as VHL and PUBMED, It was used as an inclusion criterion, articles from the last 5 years, selected based on their link with the proposed theme. **Results**: Mouth cancer is defined as a multifactorial chronic disease, in which male individuals over 40 years old have been the most affected, with the tongue and the floor of the mouth being the most prevalent. The characteristics commonly found in affected patients are erythroplastic, leukoplastic and ulceration spots, being generally asymptomatic. In Brazil, in 2018, there were 4,923 deaths from cancer of the oral cavity of men and 1,372 deaths of women. The most well-known risk factors include smoking and excessive alcohol consumption, among other risk factors, there is unprotected exposure to the sun. If diagnosed early and treated properly, most cases of this type of cancer (80% of them) are curable. Treatment usually involves cancer surgery and / or radiation therapy. **Final Considerations**: it is a multifactorial disease that mostly affects men aged 40 and being the largest number in deaths. Its main risk factors include smoking and the excessive use of alcohol, and when it is diagnosed at the beginning, 80% of them can be cured.

Keyword: Oral Neoplasms. Epidemiology. Combined Therapy.

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INTRODUCTION

Cancer over the years has been the second leading cause of death by disease in the world, and for the treatment of oral cancer, some procedures are performed, such as surgery, the alternatives commonly used are radiotherapy and chemotherapy, objective to avoid metastases and improve patient survival, but this can lead to major resections that impair function and interfere with aesthetics, which causes some discomfort and alters the patient's quality of life [1]. Mouth cancer is defined as a multifactorial chronic disease, resulting from the interaction of risk factors that affect the processes of control of cell proliferation and growth. The most well-known risk factors include smoking and excessive alcohol consumption, the risk being 30 times greater for individuals who smoke and drink than for those who do not[2].

The most recent world estimate, year 2018, points out that 18 million new cases of cancer and 9.6 million deaths occurred worldwide. For Brazil, the estimate for each year of the 2020-2022 triennium points out that there will be 625 thousand new cases of cancer[3].

The objective is to identify clinical, epidemiological and treatment aspects of the lesion, through a literature review survey.

METHODS

This is a literature review, through a qualitative research, carried out through the search for scientific articles in Lilacs, Scielo, Medline databases and periodic portals such as VHL and PUBMED, in addition to searches in epidemiological health portals. Recent articles, last 5 years, were used as inclusion criterion, and immediately after reading the abstracts, those that would not fit the requested theme were discarded.

RESULTS

Mouth cancer is defined as a multifactorial chronic disease, resulting from the interaction of risk factors that affect the processes of control of cell proliferation and growth. Male individuals over 40 years old have been the most affected by this disease, with the tongue and the floor of the mouth being the most prevalent [4]. The characteristics commonly found in affected patients are erythroplastic, leukoplastic and ulceration spots being the most common sign. common, being generally asymptomatic. Cancer is responsible for more than 12% of all causes of death in the world: more than 7 million people die annually from the disease [5].

The number of new cases of cancer of the oral cavity expected for Brazil, for each year of the 2020-2022 triennium, will be 11,180 cases in men and 4,010 in women. The states of São Paulo, Rio de Janeiro, Minas Gerais and Santa Catarina have the highest number of estimates for oral cancer for 2020, adding up to a total of 4,234.3 new estimated cases. In Brazil, in 2017, there were 4,923 deaths from cancer of the oral cavity of men and 1,372 deaths of women [3].

The most well-known risk factors in the literature have already been disseminated, include smoking and excessive alcohol consumption, and unprotected exposure to the sun, however new studies point to the strong evidence of the relationship between mouth cancer and Human Papiloma Vírus (HPV) infection. Through their viral oncoproteins E6 e E7, and some go even further pointing out possible correlations also with diet and occupation[6]. Squamous cells oropharyngeal carcinoma, for example, presents a peculiarity in comparison to other cancers of head and neck, wich relates it to HPV infection. This is due to the factor that it has a high number of incidences due to the influence of HPV (about 70%), wich is not repeated, for example with squamous cells carcinoma or the oral cavity, wich continues to have as main factors risck tobacco use associated alcohol [7, 8].

If diagnosed early and treated properly, most cases of this type of cancer (80% of them) are curable. Therefore, it is highly recommended to perform self examination, since oral cancer usually occurs externally located in the epithelium, thus facilitating detection by the patient himself as early as posible. Treatment usually involves cancer surgery and / or radiation

therapy. The medical evaluation, according to each case, will decide what is the best form of treatment. Both methods can be used alone or in combination. Both techniques have good results in the initial lesions and the indication will depend on the location of the tumor and the functional changes that may be caused by the treatment [7].

FINAL CONSIDERATIONS

In view of the researched data, it was found that male individuals over 40 years old have been the most affected by this disease, with the tongue and the floor of the mouth being the most affected regions. Based on epidemiological data, in 2018 there were an estimated 246,000 new cases of cancers of the tongue and oral cavity in men, and 108,000 in women, all over 40 years of age. In Brazil, in 2017, there were 4,923 deaths from cancer of the oral cavity of men and 1,372 deaths of women. The most appropriate treatment is the association of cancer surgery together with radiotherapy. In addition, there was a need to carry out government campaigns and projects aimed at educating the population about the risk factors associated with oral cancer, and also in relation to the importance of knowing the aspects of normality and the most likely changes in oral condition, in order to enable them to carry out self-examination.

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