

cancers begin in the flat cells (squamous cells) that cover the surfaces of the mouth, tongue, and lips. These cancers are called squamous cell carcinomas.

The following are risk factors for oral cancer:

- Smoking or chewing tobacco. Smoking cigarettes, cigars, or pipes; using chewing tobacco; and dipping snuff are all linked to oral cancer
- Excessive alcohol consumption
- Age is frequently mentioned among the causes of mouth cancer, based in demographic data of oral cancer patients
- Human papilloma virus (HPV)
- Excessive exposure to sun light
- Leukoplakia. A small percentage of leukoplakia patches may show early signs of cancer, and many mouth cancers occur in areas adjacent to leukoplakia patches
- Erythroplakia

Common symptoms of oral cancer include:

- Patches inside your mouth or on your lips that are white, a mixture of red and white, or red
 - ◊ White patches (leukoplakia) are the most common. White patches sometimes become malignant
 - ◊ Mixed red and white patches (erythroleukoplakia) are more likely than white patches to become malignant
 - ◊ Red patches (erythroplakia) are brightly colored, smooth areas that often become malignant
- A sore on your lip or in your mouth that won't heal
- Bleeding in your mouth
- Loose teeth
- Difficulty or pain when swallowing
- Difficulty wearing dentures
- A lump in your neck
- An earache

Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India.

The Institute is within the campus of Sree Balaji Medical College and Hospital, which is spread across 36 acres. It has 14 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Mohamed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards.

The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

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Do you have a Oral/Dental Problem?

Please check it today



Importance of Oral Hygiene



Department of Oral,
Dental & Maxillofacial Surgery

Oral Hygiene

If you love your teeth, you have to spend some time in taking care of them and follow certain guidelines. Here are some dos and don't in dental care.

What you should do?

- Brush and floss twice a day
- Spend at least 3 minutes on brushing
- Use a toothbrush with soft bristles
- Change your toothbrush every three months. Change it earlier if the bristles look tattered
- Clean your tongue using a tongue scrapper once a day
- Cut down on smoking and drinking
- Drink plenty of water throughout the day
- Eat sweets only during meals
- Eat fruits instead of drinking the juices
- Eat fruits and vegetables
- Rinse your mouth after eating anything
- Use a straw when drinking a beverage
- See your dentist at least once in six months
- Help your child stop the thumb-sucking habit. Prolonged thumb/finger-sucking leads to misalignment of the jaw and teeth

What You Shouldn't?

- Grind or clench your teeth
- Snack on sweets between meals
- Go to bed without brushing your teeth
- Use your teeth as tools to open bottles or break a tag
- Bite your nails
- Scrub your tongue too hard
- Consume tobacco in any form

These guidelines don't expect you to climb a mountain. They are extremely simple to follow. If you want to mesmerize people with your smile, start taking care of them right away.

Easy way to floss our teeth

Flossing daily removes plaque and food particles between teeth and below the gumline. You may experience sore or bleeding gums for the first several days you floss. If bleeding continues after the first week of flossing, call your dentist. If you are having trouble handling floss, you can ask about the use of a floss holder or other types of interdental cleaning aids



Wrap an 18-inch strand around your middle fingers and hold a one-inch section tightly.



Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



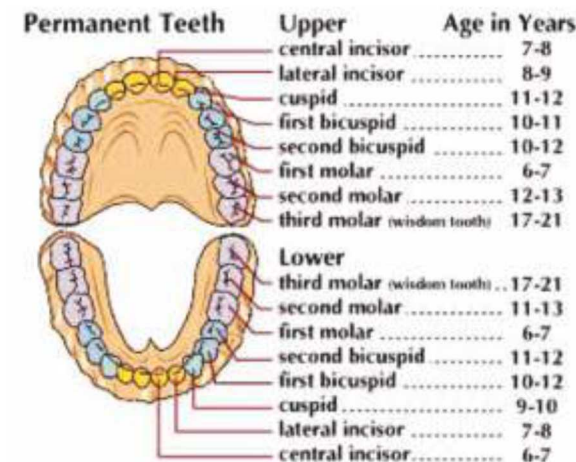
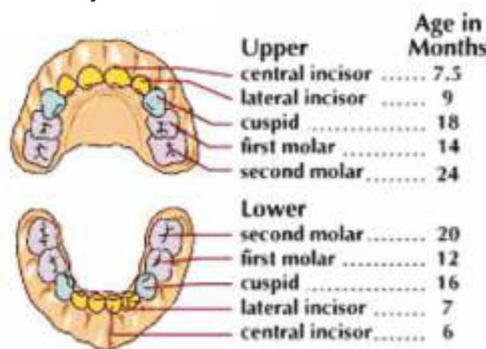
Gently guide floss between the teeth by using a zig-zag motion. **DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Contour floss around the side of the tooth.



Side floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.

Eruption period of primary

Primary Teeth



Brushing technique

Brushing your teeth at least twice daily helps prevent tooth decay and gum disease, the major causes of tooth loss. Use a soft-bristle brush remove plaque and food particles. Replace your brush every two to three months

On outer and inner surfaces, brush at a 45-degree angle in short, half-tooth-wide strokes against the gumline.



On chewing surfaces, hold the brush flat and brush back and forth.

On inside surfaces of front teeth, tilt brush vertically and use gentle up-and-down strokes with toe of brush.

Brush your tongue in a back-to-front sweeping motion to remove food particles and freshen your mouth

What is Oral cancer? Who are at risk of oral cancer and what are its symptom?

Oral cancer is part of a group of cancers called head and neck cancers. Oral cancer can develop in any part of the oral cavity or oropharynx. Most oral cancers begin in the tongue and in the floor of the mouth. Almost all oral