

Oral cancer: increase 'alarming' amongst forty-somethings

Rates of oral cancers, such as cancers of the mouth, tongue and lip, have increased by around a quarter in the past decade amongst people in their 40s, according to figures from Cancer Research UK,

CRUK conclude that 'oral cancer is largely a preventable disease with tobacco and alcohol use being the main risk factors. Cancers caused by smoking often take up to 30 years to develop, so tobacco is less likely to be the main reason behind the increase in oral cancer in people in their 40s compared with older people. And since smoking rates have gone down and alcohol consumption has gone up, experts believe the increase in oral cancer rates could mainly be down to drinking. Other risk factors include a diet low in fruit and vegetables, and a sexually transmitted infection called the human papillomavirus (HPV)'.

Ed: I personally find it curious that CRUK omit mention of recent important research from the University of Melbourne that showed daily use of alcohol-based mouth washes increased risk of oral cancer. In case they missed it – here it is again:

Mouthwash oral cancer dangers – especially for drinkers and smokers

In a major study conducted by researchers from the Australia's University of Melbourne and University of Queensland School of Dentistry, the use of mouthwashes containing alcohol as an ingredient was found to significantly increase the risk of cancers of the mouth, head and neck.

"We see people with oral cancer who have no other risk factors than the use of a mouthwash containing alcohol, so what we've done is review all the evidence," said lead researcher Michael McCullough, chair of the Australian Dental Association's therapeutics committee. They followed mouthwash use amongst 3,210 people and compared it with rates of mouth, head and neck cancers.

The researchers found that those who used an alcohol-containing mouthwash at least once per day had a significantly increased risk of cancer, independent of other risk factors such as smoking or drinking alcohol. However, where people also drank alcohol regularly, there was a 500 per cent increase over drinkers who did not use mouthwash. For smokers who used mouthwash there was a 900 per cent increase over smokers who didn't use one of these mouthwashes.

"Since this article, further evidence has come out," McCullough added. ***"We believe there should be warnings. If it was a facial cream that had the effect of reducing acne but had a four to fivefold increased risk of skin cancer, no one would be recommending it."***

<http://www.canceractive.com/page.php?n=2466#1>