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Prevalence of habit associated oral mucosal lesions in patients visiting a tertiary care centre of south Karnataka

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Statement of the Problem: Consumption of alcohol and tobacco has become an upcoming trend in today's world. Chewing, smoking and consumption of alcohol have become a common social habit in India. According to World Health Organization (WHO) currently 5 million people die prematurely every year in the world due to the use of tobacco. They are commonly associated with oral premalignant and malignant conditions. Oral malignancies collectively form the sixth most common type of cancer in the world and have been recognized as the major health problem. This study aims to assess the prevalence of oral mucosal lesions in patients visiting a tertiary care centre of south Karnataka, India.

Methodology & Theoretical Orientation: All patients visiting the Department of Otorhinolaryngology over a span of 1 year from June 2017 to June 2018 with a history of tobacco or alcohol consumption or both were included into the study. The patients were asked to answer a questionnaire related to their habits following which a clinical examination of oral cavity was done and lesions were classified under four categories: Reactive lesions, premalignant lesion, malignancy and other lesions.

Findings: 1339 patients were included into the study. Reactive lesions were seen in 38.98% patients, premalignant conditions 31.07%, followed by malignancy in 13.97% and other lesions formed 5.75% of total number of patients. No lesions were seen in 10.23% of the study population.

Conclusion & Significance: This study highlights various consequences of oral habits and also the knowledge of the people regarding these habits associated conditions. More awareness programs should be conducted to create awareness and prevention of these conditions.

Biography

Dr. Harsh Suri is currently pursuing Post graduate final year in the Department of Otorhinolaryngology and head and neck surgery in Yenepoya Medical college & Hospital, Mangalore, Karnataka. He has cleared his MBBS examination in the March, 2016, and has represented his institution across various National level paper and poster presentations and has secured 1st prize at the "ALLERCON- 2018 " for a paper presentation in July 2018 and 3rd prize for a paper presentation conducted by the Indian academy of Otolaryngology and head and neck surgery in August, 2018. He shows a keen interest in research in the field of Otolaryngology and Head and neck oncology and would wish to pursue his specialisation in Oncosurgery in future.

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