

# Mouth cancer causes



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Cancer is one of the most deadly diseases known to the world. There are various causes which are responsible for different types of cancer in different parts of the body. Mouth cancer is one of them. Unwanted growth of cells in the mouth region is termed as mouth cancer. It can be developed in any part of the mouth. This includes jaws, lips, gums, cheeks, tonsils, etc. All the mouth parts are covered by a sheet of soft cells called as squamous cells. These cells are very much prone to cancer cells thus causing mouth cancer. Mouth cancer can be also called as squamous cell carcinoma.

There is a wide range of causes which are responsible for mouth cancer. Many bad habits like smoking, tobacco chewing, in take of alcohol are the main causes of mouth cancer. Apart from these the other reasons for mouth cancer is exposure to UV rays, Candida infection in mouth etc. Lack of vitamin A, E, C, iron, zinc etc. is also responsible for mouth cancer. Mouth cancer can be diagnosed by a large number of symptoms. One can do a biopsy of the mouth to diagnose mouth cancer. Different technology like endoscopy, MRI scan, X-ray, CT scan can also be used for diagnosing mouth cancer.

Mouth cancer can be easily treated if diagnosed in an early stage or it can be said that treatment of cancer depends on the stage it is diagnosed in. There are three useful methods which have proved themselves helpful in treating mouth cancer. These include surgery, radiation therapy and chemotherapy. During chemotherapy treatment is done using the intravenous injections containing the anticancer drugs. It is possible that the victim may experience some side effects of chemotherapy. These side effects can include hair loss, quick weight loss, mouth sores, nausea, vomiting etc. In radiation therapy

beta rays are used for killing the deadly mouth cancer cells. This surgery is usually done when the tumor is small and gentle. Some physicians suggest all these three ways for the treatment of mouth cancer.

There are many ways which can be done for minimizing the risk of skin cancer. As stated above, mouth cancer is generally caused by the consumption of alcohol or due to cigarette smoking. So, by avoiding these things you can keep yourself less prone to mouth cancer. We can also reduce the risk of mouth cancer by avoiding tobacco chewing as it is also one of the major causes of this deadly disease. One can remain away from mouth cancer by in taking a healthy diet. Taking a diet rich in vitamins and minerals can help in staying fit thus avoiding mouth cancer. Keeping mouth clean can also help in avoiding skin cancer.