

Risk Factors and Prevention of Laryngeal Cancer

Mila Bunijevac

Public Health Hospital "St Vračevi", Bijeljina, Bosnia and Herzegovina

***Correspondence to:** Dr. Mila Bunijevac, JZU Hospital "Sv Vračevi", Srpske vojske 53, Bijeljina, Republic of Srpska, Bosnia and Herzegovina.

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Larynx is the most important body of function, located in the front of the neck at a height between the third and sixth cervical spine.

Laryngeal cancer is one of the most common malignant tumors of the head and neck, which leads to a change in normal anatomical relationships in the neck, causing a disorder of communication and a change in the psychosocial status of the patient [1].

In the presence of head and neck tumors, it can lead to indigestion, occasional feeling of "burning" when swallowing, difficult or painful swallowing, coughing, sometimes bleeding, sore throat, or feeling pain spreading from throat to ear, later if the disease spreads beyond larynx frames appear swelling on the neck, which is manifested by the enlargement of the lymph nodes of the neck.

The risk factor is all that increases the chances of a person suffering from a disease such as cancer. There are several risk factors for laryngeal cancer. The majority of malignancies today are the result of modern lifestyle, the result of the interaction of the genetic factor and the environmental factors.

Factors That Cause Laryngeal Cancer

Smoking

Smoking or tobacco smoke is the most important risk factor when it comes to laryngeal cancer, and in about 95% of cases it is caused by excessive consumption of tobacco. The more cigarette we smoke, the greater is

the risk. The risk of getting larynx carcinoma is 5 to 35 times higher in smokers than non-smokers, depending on the number of cigarettes and the length of smoking.

Alcohol

People who drink alcohol a lot have a higher risk of laryngeal cancer, or 2 to 5 times more risk than non-alcoholic beverages. Numerous studies suggest that the combination of tobacco and alcohol increases the likelihood of laryngeal cancer.

Human Papillomavirus (HPV) Infection

Human papilloma viruses represent a group of about 100 viruses, most of which cause warts on the skin. One of the most common causes of laryngeal cancer is (HPV type 16) [2].

Poor Nutrition

Deficient nutrition, poor fruit and vegetable intake is one of the causes of laryngeal cancer, especially if it is associated with alcoholism [3].

Gastro-Oesophageal Reflux

Gastro-oesophageal reflux represents the passage of gastric acid upward into the esophagus and causes the “heartburn”. This acid irritates the esophagus and increases the risk of esophageal carcinoma. Some studies have suggested that this irritation may extend to the pharynx and may therefore be a risk to the carcinoma of some parts of the larynx.

Professional Exposure

Long-term exposure to wood dust, evaporation of some colors as well as various chemicals used in metallurgy, textile industry and plastic processing.

Gender

Carcinoma of larynx is 4 to 5 times more common in males than in women [1,4,5,6]. This is primarily because the two main risk factors, smoking and alcoholism are much more common in men. As this habit has become more and more frequent in recent years, this difference in the incidence of cancer between men and women is declining.

Age

The largest number of patients with laryngeal cancer appeared in the sixties [7,8].

Prevention of larynx carcinoma contains a medical, social and professional component, which implies three basic principles: continuity, complexity and teamwork. Continuity implies that the initiated treatment will be continuous, where the medical, social and professional phase interconnects. Complexity is expressed in

the comprehension of the overall personality of a diseased person from a medical, educational, psychological and professional point of view. Teamwork is a direct confirmation of the value of interdisciplinary cooperation.

The best way to fight cancer is primary prevention that unfortunately is not always possible because all cancer agents are still not known. The most effective way of preventing laryngeal cancer is to avoid risk factors. Avoiding the use of tobacco, alcohol, and smoky rooms is the most effective way to reduce the risk of getting laryngeal cancer. As alcohol increases the carcinogenic effects of tobacco smoke, it is especially important to avoid smoking and drinking alcohol together. Preventive programs include regular screening. Then avoiding spicy, acidic and fatty foods, taking more frequent meals, and avoiding food before bedtime also helps. Spraying the room in the home and adequate workplace veteling.

Malnutrition and vitamin deficiency can be associated with head and neck carcinoma. It is not known whether taking vitamins can reduce the risk of cancer. Generally speaking, it is much better to eat balanced, healthy food than eating unhealthy foods and adding vitamins. It is recommended to take fruits and vegetables as well as food of plant origin such as cereals, cereal products, rice, beans, etc., and avoid food of animal origin [9].

In order to prevent laryngeal cancer, today's capabilities are practically the most limited in the fight against smoking. Smoking cessation significantly reduces the risk of illness after six years and approaches the risk of having non-smokers only after fifteen years (Shapiro, Jacobs & Thun, 2000) [10].

Successful treatment of head and neck carcinoma is based on preventive measures, early diagnosis and treatment and adequate rehabilitation of these patients. So today, cancer can be prevented, it can be treated and in many patients completely cured [11].

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