INTRODUCTION

Oral cancer is one of the sixth most common cancers worldwide. Tobacco exposure and alcohol drinking have been established as major risk factors of oral cancer in most of countries in the world. According to the Indonesian national census in 2015, the population of Indonesia was about 265.5 million. Indonesia has the third largest number of smokers in the world. There are over 61 million tobacco users in Indonesia. One third (36%) of Indonesians use tobacco in either a smoking and/or smokeless form. A high proportion, 67% of males smoke, while the female rate is low (4.5%). In Indonesia, smoking kills at least 236,000 people annually. In addition to smoking, some areas in Indonesia have traditional customs of chewing betel nut. It has already been revealed that the long term use of betel nut is strongly related to oral cancer. The majority of oral cancers are preceded by visible changes of the oral mucosa. This changes refer to Oral potentially malignant Lesions (OPML) which may transform to oral cancer through various histopathological stages.

METHODS AND MATERIALS

The study was descriptive-cross sectional. We did clinical assessment utilizing white light for intra oral examination to find any alteration such as changes of colour and texture, swelling, and/or ulceration as well as extra oral examination on head and neck. Questionnaire was given to determine the oral cancer risk factors.

RESULTS

There were 32 respondents (6 females and 26 males) with an age range between 20 and 60. About 16 respondents (50%) had OPML. Leukoplakia type, whom 15 of them were male and 1 was female.

Table 1. Respondents with OPML Related with Oral Malignant Risk Factors

<table>
<thead>
<tr>
<th>Respondents with OPML</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smokers</td>
<td>15</td>
<td>6</td>
</tr>
<tr>
<td>Smokers and Alcohol Drinkers</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Non - Smokers</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>Total</td>
<td>16</td>
<td>16</td>
</tr>
</tbody>
</table>

Odds Ratios (OR)

OR (Smoker) = 25
OR (Smoker and Alcohol drinker) = 12.4

This is consider Very High

Relative Risk (RR) = 7.14

DISCUSSION

Early detection of oral pre-cancer result in better prognosis and much lower mortality rate. It has been proposed that the large number of smoker is a result of the extensive cigarette advertisement allowed by the Government of Indonesia, and that the price and tax of cigarettes are relatively cheap in Indonesia. A further reason for the huge number of smokers is the lack of awareness due to minimum information about the danger in consuming tobacco and insufficient government program toward oral cancer.

CONCLUSIONS

Our results clearly show that the number of OPML among administrative staff is high. This might be due to their low of awareness towards oral cancer risk factors, however further research is needed to confirm this hypothesis.

REFERENCES