



Letter to the editor

Tumour horoscope in young adults

The article by Gamez et al. [1] made a good read and was indeed a treasure trove of information covering a wide gamut of tongue cancers in young cohorts. We would like to add further to the existing literature.

The signature of oral cancer seems to have spread globally and the WHO would soon christen it as “GLORAL” cancer. Risk factors that might be germane for younger patients include genetic factors, family history, immunodeficiency, oral hygiene, viral infections, and dietary factors, but a clear cut consensus is apparently lacking [2,3]. Case history in young cohorts who are non-smokers and non-alcoholics needs to be redefined by an addition of few further details.

Passive smoking needs to be asked for in these subset of patients, most of them are non-smokers, non-alcoholics and should be documented in the case history. The prevalence of second hand smoke is higher than the active smoking [4] necessitating the need for global health organisations to promote awareness and resolve this public health quandary.

A catastrophic sleep loss epidemic seems to be prevalent in the younger fast paced generation which is crippled with work stress and depression. Sleep disturbance comes at a considerable price and is taxing to the physiology of the human body. The sewage system in the brain gets activated in deep sleep and gets rids of toxins such as Beta amyloid [5] and other free radicals that initiate the molecular progression of cancer. Lack of sleep depletes the level of natural killer cells which shields the body from carcinogens. Obstructive sleep apnea can choke the airway while the various sleep disorders can cause indentations on the tongue a potential risk factor for a long standing inflammation. Sleep history seems to be worthwhile to be asked for in the case history.

The sedentary life style and the use of junk food are some of the potential risk factors for the rise of non-communicable diseases such as Diabetes Mellitus, Cardiovascular diseases, Obesity which can lead to a wide spread systemic inflammation. This in turn can violate the tumour biology and enables the tumour to gallop at any early stage with adverse histopathological features. Buttressing the immune system with Immunotherapy would be a feasible option prior to chemo radiation

which can turn out to be an overkill in an immune depleted individual.

Clinicians need to have a telescopic vision, excavating details while patients narrate their history and resorting to investigations as an adjunct and not a substitute to case history and physical examination. Digital palpation would further help us considerably in assessing the depth of invasion and tumour mapping. This would enable a fruitful fruition of analysing the tumour biology, risk factors and treatment plan.

Conflict of interest

The authors declare that there is no conflict of interest.

References

- [1] Gamez ME, Kraus R, Hinni ML, Moore EJ, Ma DJ, Ko SJ, et al. Treatment outcomes of squamous cell carcinoma of the oral cavity in young adults. *Oral Oncol* 2018 Dec;1(87):43–8.
- [2] Llewellyn CD, Linklater K, Bell J, Johnson NW, Warnakulasuriya S. An analysis of risk factors for oral cancer in young people: a case-control study. *Oral Oncol* 2004;40:304–13.
- [3] Hirota SK, Braga FP, Penha SS, Sugaya NN, Migliari DA. Risk factors for oral squamous cell carcinoma in young and older Brazilian patients: a comparative analysis. *Med Oral Patol Oral Cir Bucal* 2008;13:E227–31.
- [4] Zeng J, Yang S, Wu L, Wang J, Wang Y, Liu M, et al. Prevalence of passive smoking in the community population aged 15 years and older in China: a systematic review and meta-analysis. *BMJ open*. 2016;6(4):e009847.
- [5] Shokri-Kojori E, Wang GJ, Wiers CE, Demiral SB, Guo M, Kim SW, et al. G. β -Amyloid accumulation in the human brain after one night of sleep deprivation. *Proc Natl Acad Sci* 2018;115(17):4483–8.

(Reader Sameep S. Shetty (Reader)*

Manipal College of Dental Sciences, Mangalore, India

Manipal Academy of Higher Education, Mangalore, India

E-mail address: sameep.shetty@manipal.edu.

(Associate Dean Premalatha Shetty (Associate Dean)

Manipal College of Dental Sciences, Mangalore, India

Manipal Academy of Higher Education, Mangalore, India

E-mail address: premalatha.shetty@manipal.edu.

* Corresponding author.