

Stage 1 Oral Cancer:

Treatment Methods:

Surgery:

1.Wide Local Excision: This surgical procedure involves removing the tumor along with some surrounding normal tissue to ensure no cancer cells remain. The goal is to achieve clear margins, minimizing the risk of recurrence. The excised tissue is examined to confirm the absence of cancer cells in the surrounding area. Recovery involves monitoring for any signs of recurrence and managing potential side effects, such as changes in oral function or appearance.

2.Mohs Micrographic Surgery: This precise surgical technique involves removing cancerous tissue layer by layer. Each layer is immediately examined under a microscope until no abnormal cells remain. This method ensures complete cancer removal while preserving as much healthy tissue as possible. It is particularly effective for cancers in cosmetically or functionally sensitive areas. Recovery typically involves minimal scarring and a high cure rate, making it a preferred option for many patients.

Radiation Therapy:

1.Post-surgery to eliminate remaining cells: Radiation therapy is often used after surgery to destroy any remaining cancer cells that might not have been removed surgically. This helps reduce the risk of cancer recurrence. The treatment is precisely targeted to minimize damage to surrounding healthy tissue. Patients may experience side effects like fatigue, skin changes, and mouth sores, but these are usually temporary and manageable.

2.External Beam Radiation: This form of radiation therapy delivers focused beams of radiation from outside the body to the cancerous area. It is often used in combination with surgery to maximize effectiveness. The procedure is typically done over several weeks, with sessions scheduled five days a week. Each session lasts only a few minutes. The precise targeting helps to minimize damage to surrounding healthy tissue. Patients may experience side effects like skin irritation, fatigue, and dry mouth, but these are usually temporary and subside after treatment ends.

Cryotherapy:

- 1. Freezing cancer cells:** Cryotherapy involves freezing cancer cells using liquid nitrogen. This treatment is particularly effective for very small and early-stage cancers. The process destroys cancerous cells by freezing them, causing them to die. Cryotherapy is minimally invasive and can often be done in an outpatient setting. Recovery is generally quick, with few side effects. Some patients may experience mild discomfort or blistering at the treatment site, but these symptoms typically resolve quickly.

Laser Surgery:

1. **Removing or destroying tissue:** This technique uses a high-intensity laser beam to remove or destroy cancerous tissue. The laser can cut through tissue with precision, reducing damage to surrounding healthy areas. It is particularly useful for accessible tumors in the mouth. Laser surgery often results in less bleeding and a shorter recovery time compared to traditional surgery. Patients may experience mild discomfort or swelling post-procedure, but these effects are usually temporary. The precision of laser surgery also helps to minimize scarring and preserve oral function.