

Oral cavity cancer: characterization of the Years of Life Lost (YLL) in Portugal

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BACKGROUND

Oral cancers are associated with significant morbidity and mortality, and a profound impact on a patient's quality of life with significant functional, social and aesthetic sequelae.



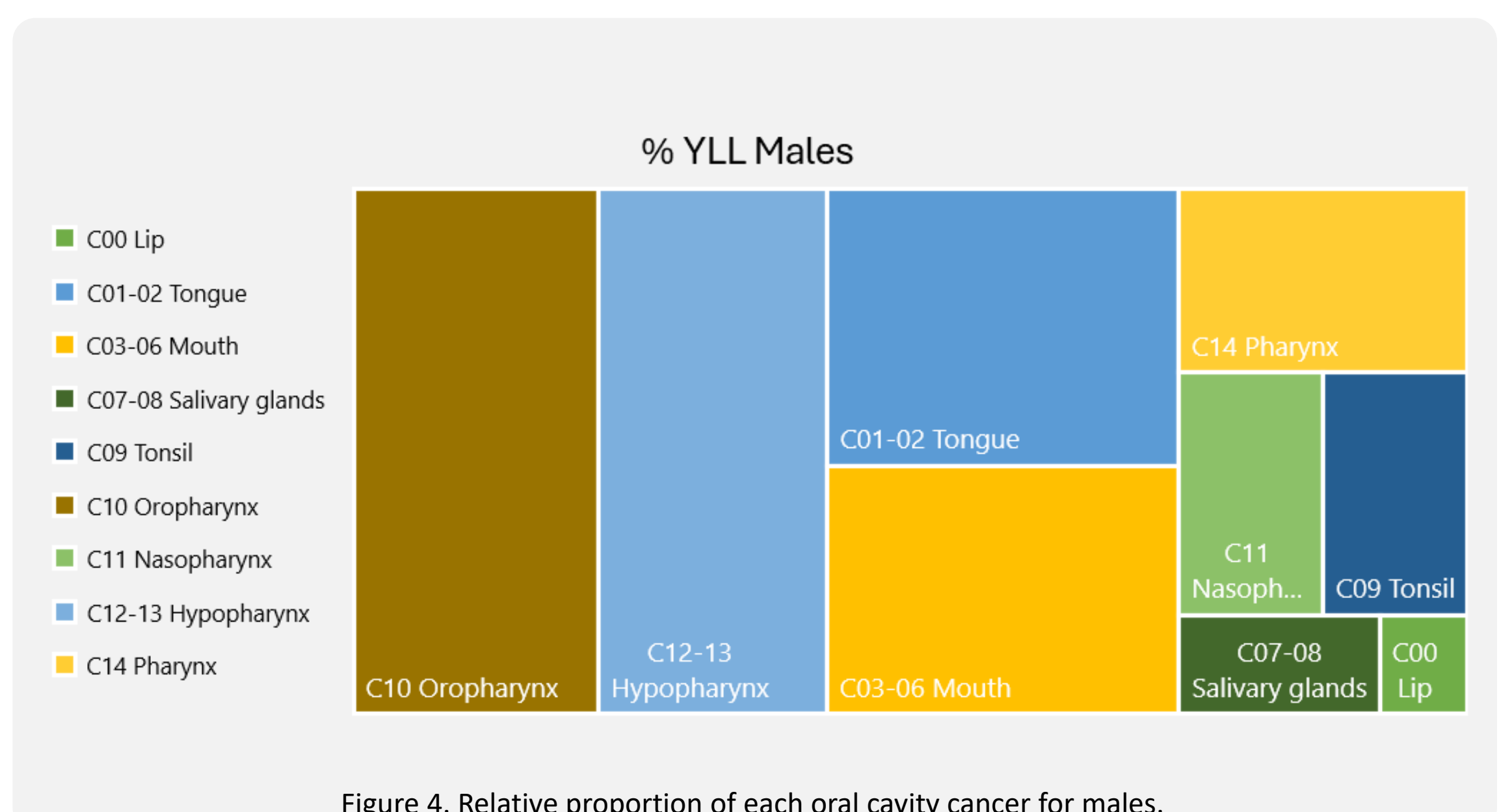
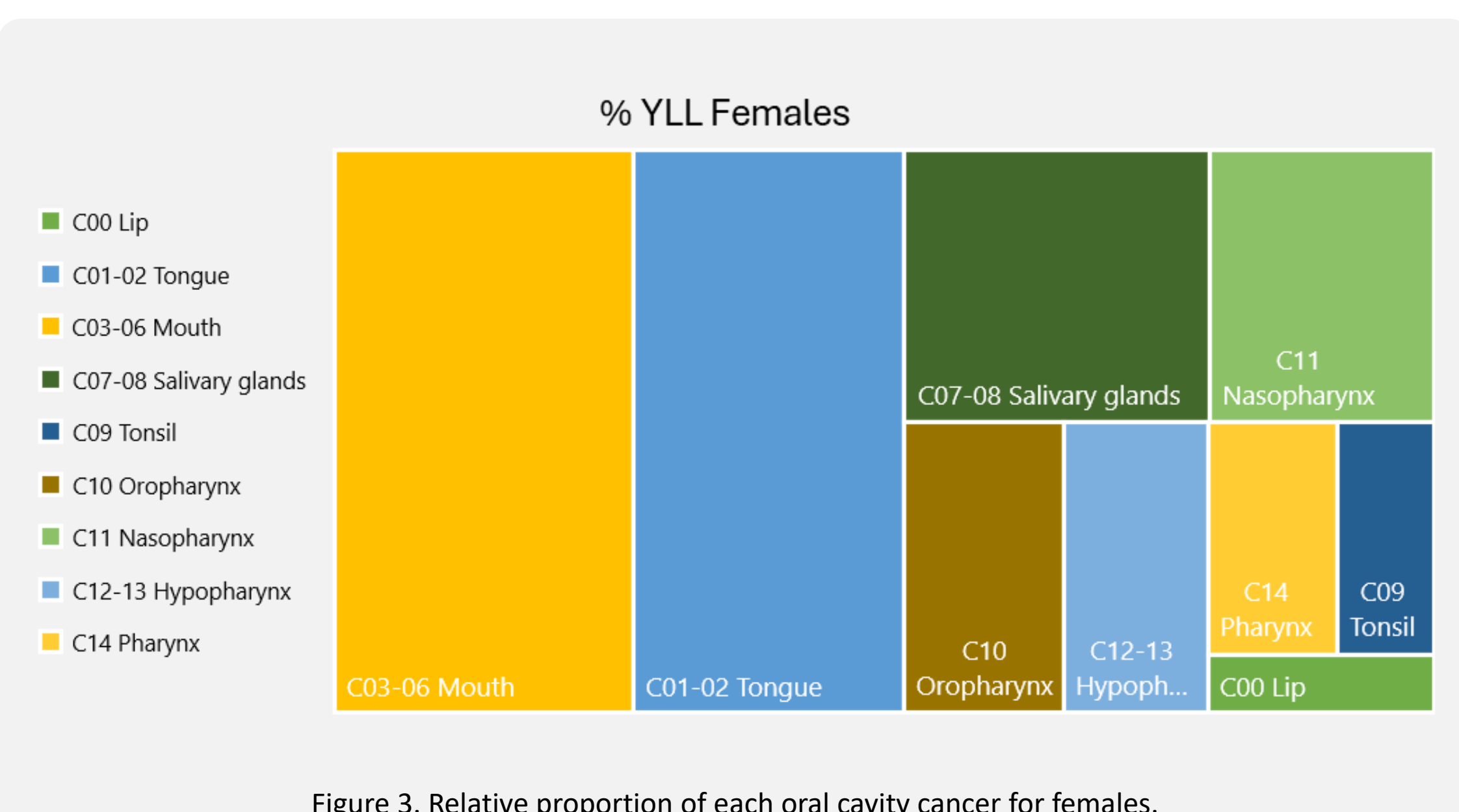
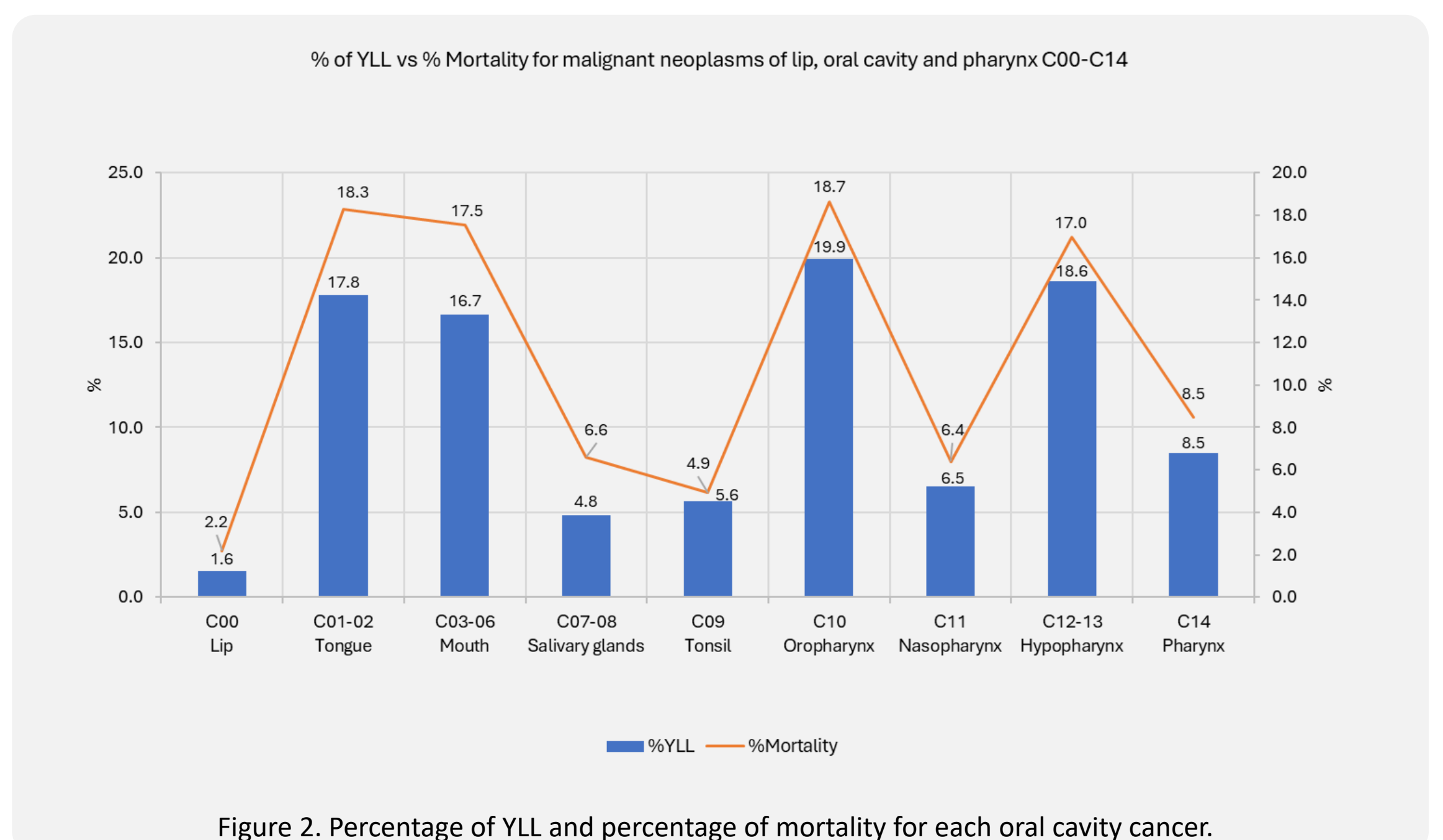
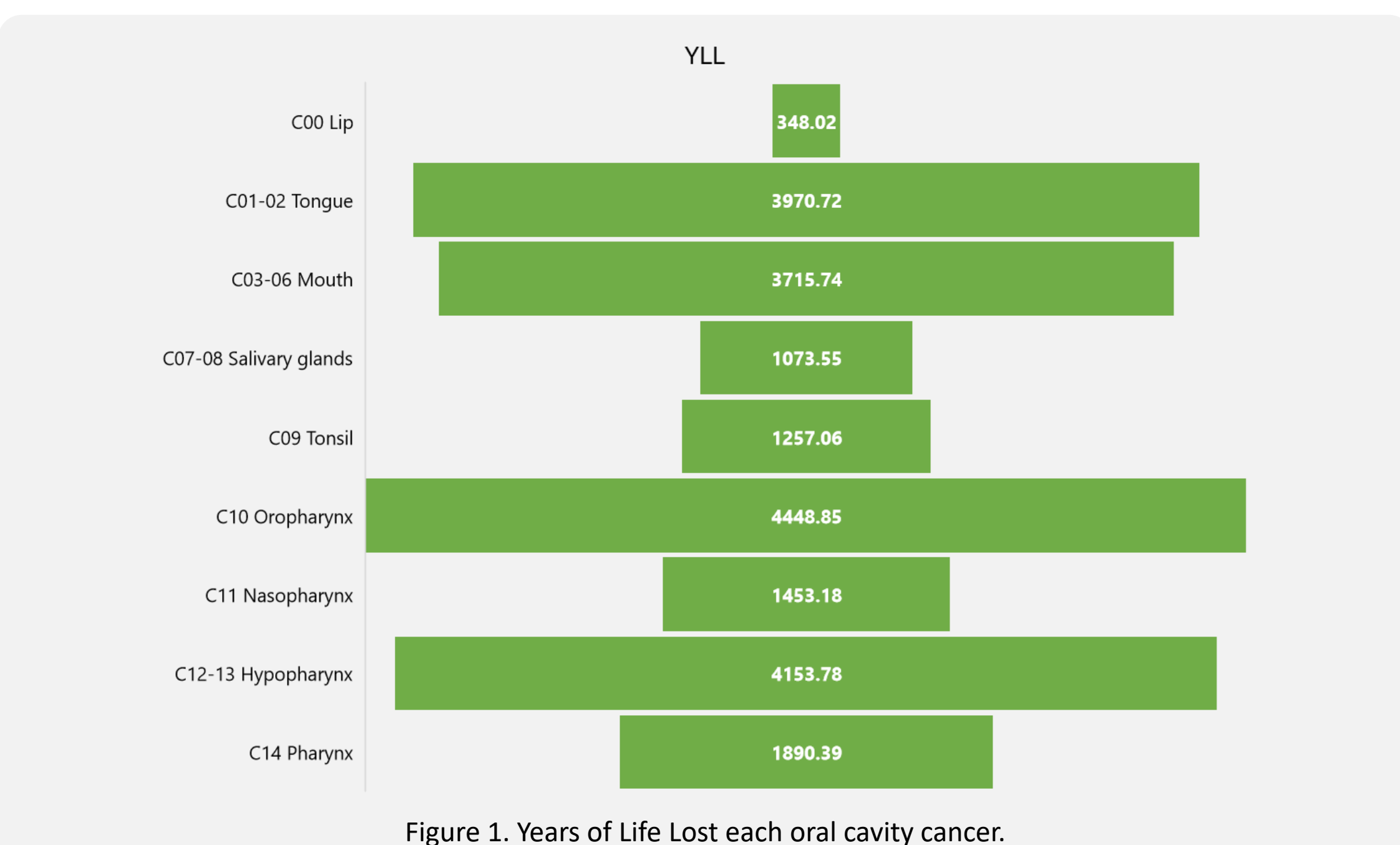
Source: Medscape.

METHODS

Years of Life Lost (YLL) were calculated for malignant neoplasms of lip, oral cavity and pharynx (ICD-10-CM: C00-C14) for the total Portuguese population, by sex, considering the number of deaths calculated from the mortality rate available in the National Oncologic Register (2019) and the GBD standard life expectancy at age of death. **% YLL and % of mortality for each type of oral cancer**, and the relative difference between the two parameters of mortality, given by the **ratio % YLL/% mortality**, were calculated.

RESULTS

A **total of 22,311.3 YLL** were estimated for **neoplasms of lip, oral cavity and pharynx for both sexes in 2019**, with the oropharynx cancer (4448.8), the hypopharynx (4153.78), and the tongue (3970.72) ranking in the first positions, respectively. The distribution of YLLs ranking by neoplasm is identical to the general population in males, but for females it followed a different pattern: mouth (855.12), tongue (776.49) and salivary glands (421.10) occupied the first positions. **% YLL/% mortality ratio** ranged from 0.71 to 1.14. **Population burden of cancers of tonsils, oropharynx, nasopharynx and hypopharynx is higher than % mortality.**



CONCLUSIONS

Cancer mortality data are especially important to monitor the effects of screening programs or **identify public health prioritization necessities**. **National programs** for oral cancers should also be implemented to **reduce mortality and improve patients' quality of life**. In addition, programs intending to prevent exposure to **risk factors** such as the use of products containing smokeless tobacco or areca nut should be prioritized.