

Navigating the Oral Health and Cancer Link: Implications in Advancing Human Health

Margaret SAELLBERG CHEN
Professor of Karolinska Institutet



The growing link between poor oral health and cancer has captured considerable attention in biomedical research, unveiling compelling insights that expand the boundary of dentistry. Recent studies shed light on potential associations between insufficient oral hygiene and an increased risk of specific cancers. Conditions such as periodontal diseases contribute to chronic systemic inflammation, creating an environment conducive to cancer development, particularly in the digestive and respiratory tracts. Notably, distinct oral pathogens have been identified within tumor tissues in distal body sites, unraveling the intricate relationship between oral diseases and cancer pathogenesis. This

advancing comprehension not only underscores the crucial role of oral hygiene in dental and overall health but also introduces a proactive healthcare dimension – preventing cancer and enhancing longevity. Maintaining good oral health emerges not only as a cornerstone of dental health but also as a robust defense against oral health-related cancers.

In the pursuit of longevity and an improved quality of life, integrating oral health into comprehensive health strategies becomes imperative. Public awareness and education are crucial, where the integral role of oral care in fostering a healthier life is essential in the era of personalized health.