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Oral cancer and treatments that increase survival rate

Abstract:

The incidence of different kinds of Oral Cancers has increased by 34% in the decade. The different types of oral cancers that exist are Lymphoma minor salivary gland, including Adenoid cystic carcinoma (ACC), Mucoepidermoid carcinoma, Polymorphous low-grade adenocarcinoma, Carcinoma ex-pleomorphic adenoma. There is also Mucosal melanoma, Sarcomas, Squamous cell carcinomas. In my abstract I will specifically talk about squamous cell carcinomas and survival treatments that work. 25% people do not survive, cell carcinoma of the mouth. The trigger for this kind of cancer can be tobacco but I have also treated nontobacco cancers successfully. Even in the late stages, there are survival tactics that can be utilised to reduce the cancer activity, side-effects of chemotherapy and radiation and increase chances of recurrence in the future. As a cancer metastasis, nutrition and mental health expert, my focus is to help with recovery by a nutrition and reduce metastasis over a three-year period as well as secondary cancers induced by radiation over a 9–12-year period.

In my abstract and speaker presentation, I will be presenting three mouth cancer cases, two of which survived and one which did not. My presentation will go into clinical details of patient reports, inflammation levels, age, tobacco use, stress levels, lifestyle habits all of which can impact patient recovery.

Methods:

1. Documenting the role of nutrition, stress reduction in recovery.
2. Reduction of side-effects of chemotherapy and radiation via nutrition, stress reduction. These need to be documented and normalised much more than is the current scenario as they increase patient lifespan and survival rates beyond five years.
3. The role of chronic stress in increasing susceptibility to squamous cell carcinoma (SCC) by suppressing protective immunity and increasing regulatory/suppressor T cells within the tumour microenvironment.
3. The role of malnutrition as a risk factor for the onset of oral cancer.
4. My treatment methodology (Methods) in addressing the above, and clinical impact on patient recovery process.

5. 3 case studies.

Results:

1. Summary of treatments that have worked.
2. Summary of reduction in side-effects to increase survival rate and quality of life.
3. Summary of addressing the triggers to reduce cancer activity – specific focus on tobacco, stress and malnutrition.

Conclusion:

The role of nutrition, stress reduction on survival rate of squamous cell carcinoma of the mouth.

Biography

Rachna Chhachhi specialises in reversal of chronic lifestyle diseases without medication and is a certified Cancer Coach, Nutritional Therapist, Certified International Yoga Teacher and WHO certified in Malnutrition for infants & children. Founder of RachnaRestores®, Unhurry® and registered e-learning platform, RachnaRestores School – Rachna’s purpose in life has been to help those suffering with a poor quality of life understand the power of holistic nutrition to heal themselves.