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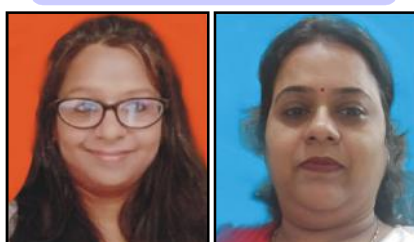
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Study on Nutritional Level Status of Patients Suffering from Oral Cancer (With Reference to Gwalior Region of Madhya Pradesh)

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Study on NUTRITIONAL level status of patients suffering from oral cancer (with reference to GWALIOR REGION OF [madhya pradesh](#)) [Nidhi khare](#) Research Scholar [Kamla Raja Girls Government Post Graduate College, Gwalior \(MP\)](#) Dr. [Mausmee Singh](#) Assistant professor Department of Home science [Vijaya Raje Govt Girls P. G College Morar, Gwalior \(MP\)](#) ABSTRACT This research paper deals with the topic entitled "Study on NUTRITIONAL level status of patients suffering from oral cancer (with reference to GWALIOR REGION OF [madhya pradesh](#))".

ABSTRACT

This research paper deals with the topic entitled "Study on Nutritional level status of patients suffering from oral cancer (with reference to Gwalior Region of Madhya Pradesh)". As we know that Oral cancer is a type of cancer that can develop in any part of the mouth, including the tongue, the gums, the palate (roof of the mouth), under the tongue, the skin lining the mouth or the lips. Oral cancer is frequently regarded as called Mouth cancer. So, this paper mainly attempts to nutritional level of the respondents who are suffering from the disease in order to arrive at generalisation in this specific area and with these aspects. To take the study ahead, a self-made questionnaire was constructed for the verification of the objectives formed for this study. A sample of 30 respondents is considered from the Gwalior Region of Madhya Pradesh. It is found that majority of respondents consume non-veg as a part of their cancer diet and surprisingly it is found that all the respondents consume all the elements of nutrition in higher amount.

KEYWORDS

Oral cancer, Gwalior Region, Nutritional level.

INTRODUCTION

As we know that, Nutrition is a progression in which food is taken inside the human body and is then used by the body for its growth, to keep the body healthy, and to replace tissue or to perform various daily functions. So, it is but obvious that a good nutrition is very essential to maintain good

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health and a healthy diet includes foods and liquids that have important nutrients or say its elements (vitamins, minerals, protein, carbohydrates, dietary fibre, fat, and water) the body need.

Furthermore, we also have some sort of acquaintance with the fact that Cancer and cancer treatments may affect taste, smell, appetite, and the ability to eat enough food or absorb the nutrients from food or digest the food in a certain manner. Its effect on body in various ways may cause malnutrition, meaning that a human body possessing a lack of key nutrients.

Malnutrition may lead to weakness, tiredness, and unable to fight infection or finish cancer treatment. As a result of which, it may decrease the patient's quality of life and this may become life-threatening. Malnutrition may be made worse if the cancer grows or spreads.

Therefore, having a nutritious diet or to be more precise taking a balanced diet helps the patient to sustain over the treatment phase hence, eating the right amount of protein and calories is important for healing, fighting infection, and having enough energy.

So in the present study, we will be conducting a research the nutrition that cancer patients take to sustain everyday life.

Review of Literature

Literature review is the base for any research which provides the researcher with deep familiarity about different parameters and variables of the research subject.

With thorough study of previous work, a researcher can find the gap in the study or the aspects left with previous researchers which can be research topic for the scholar.

A critical review of the literature also enables the researcher to go into greater details and wider applicability of the problem in hand so as to provide new ideas, explanations or hypotheses. The review promotes a greater understanding of the problem and its allied aspects and ensures that unnecessary and useless duplication is avoided.

Soussan Irani (2021) New Insights into Oral Cancer-Risk Factors and Prevention: A Review of Literature. The oral malignant growth is 48% of head and neck disease cases. The vast majority of oral malignant growth cases are histologically analyzed as oral squamous cell carcinomas (OSCCs). In spite of new administration systems, the 5-year endurance pace of oral disease is still beneath half in many nations. Head and neck malignant growths are heterogeneous cancers, and this attribute of them gives a test to therapy plan. Because of the unfortunate results in oral disease, avoidance is a need. In this survey, a pertinent English Literature search in PubMed, Science Direct, and Google Scholar from 2000 to mid-2018 was performed. All distributed articles connected with oral malignant growth and its counteraction were incorporated. The gamble variables of oral malignant growth and techniques of oral disease avoidance will be talked about.

Madani et al. (2010) revealed in the multivariate examination that multivariate Odds Ratios (OR) for smoking and smokeless tobacco use as an openness through various multivariate models for change of conceivable confounders like age, orientation, tobacco types, liquor, non-vegan propensity, area of residency, training and occupation as proper (changed OR). It is clear that the multivariate and unadjusted gamble appraisal is different for different kinds of tobacco use. The unadjusted gamble for separated, cigarette smoking was not critical (OR = 1.4; 0.9-2.3), yet the multivariate gamble went from 2.7-3.4 subsequent to adapting to other suitable gamble factors.

The unadjusted gamble for non-sifted cigarette smoking was 2.5 (1.0-6.7), the multivariate gamble went from 3.3-4.3 subsequent to adapting to other fitting gamble factors through models 1-6. The multivariate gamble for bidi-smoking went from 3.7-5.5.

American Cancer Society (2010) revealed that 36,540 new instances of oral malignant growth are supposed to be analyzed in the United States in 2010 and an expected 7,880 individuals will pass on from the illness. This type of malignant growth represents around 3% of tumors in men and 2% of diseases in ladies.

Objectives of the Research

Following are the main objectives of the research:

1. To analyze the dietary pattern and types of supplementation of the respondents.
2. To analyse the frequency of elements of nutrition consumed by the patients.
3. To suggest measures to improve the life style and nutritional intake of cancer patients.

Limitations

- The study is confined to the 30 respondents.
- The study is restricted to the respondents of Gwalior region of Madhya Pradesh.
- The study is confined to the respondents suffering from oral cancer only.

Research Methodology

Research techniques are soul of an exploration procedure. Technique is an arrangement of leading an exploration work, which is controlled by the idea of the issue. Webster characterized procedure as “the exploration of technique or game plan”. Approach is the methodology or strategies, received in an examination think about and are of absolute significance in research. A right research strategy will result in quality research. Hence the choice of research strategy relies on the idea of the issue. As expressed by Louis Choen and Lawrence Manion (1989) “By techniques, we mean, that scope of methodologies utilized in instructive research to assemble information which are to be utilized as a reason for impedance and elucidation for clarification and expectation”

Variables

Dependent Variables : Oral Cancer

Independent Variables : Nutritional Level

Here, the cancer or the treatment of the oral cancer is a dependent variable since it has its dependency on the nutritional level of patients.

The details about the population, sample, method, procedure for data collection, tools and statistical techniques are:-

Sample

Sample for the study consists 30 patients. The sample of the present study consists of 30 patients suffering from oral cancer only and who belongs to Gwalior Region of Madhya Pradesh. Random Sampling Method is used by the investigator.

Method

The present study is the descriptive method of research which employs survey method.

Procedure For Data Collection

The investigator will personally visited to patients of oral cancer, then administer the tools and collect data.

Tools of The Study

Since there is no standardised questionnaire available for the topic so a researcher will draft a self made questionnaire which will further be approved the subject experts.

Statistical Techniques

Collected data was tabulated and analyzed to realize certain inferences. These inferences were drawn by applying some statistical techniques. Statistical techniques meaning, Simple frequency percentage used in this study.

Analysis and Interpretation

Table 1: Types of Supplements Consumed by patients

S.No.	Type of Supplementation	Frequency	Percentage
1.	Vegetarian	05	16.66
2.	Non-vegetarian	17	56.67
3.	Ovo-vegetarian	08	26.67
	Total	30	100.00

(Source: Primary Data)

It can be observed that the majority of respondents consume non-veg as a part of their diet to cure cancer maybe because it contains proteins and fats which plays a very important in repairing the damaged cells and all other tissues, whereas average of respondents are ovo-vegetarian and minority of respondents are pure vegetarians although vegetables are also a great source of variety of nutrients.

Table 2: Level of Elements of Nutrition Consumed by Patients

S.No.	Elements of Nutrition	Frequency		
		High	Average	Low
1.	Carbohydrates	18	10	02
2.	Fats	20	07	03
3.	Dietary Fibre	09	16	05
4.	Minerals	17	06	07
5.	Proteins	22	08	00
6.	Vitamins	19	02	09
7.	Water	25	05	00

(Source: Primary Data)

Above table shows the consumption of all the elements of nutrition is in higher amount as people with cancer require more protein than usual to heal tissues and help fight infections. Sources: Fish, poultry, lean meat, eggs, low-fat dairy products, nuts, beans, peas and pulses. Fats are rich sources of energy that play an important role in nutrition. Also carbohydrates, fibre, vitamins and especially water help them maintain a healthy body. Hence nutrition counselling may help people with cancer get essential nutrients, such as protein, vitamins and minerals.

Findings

- As a part of very first objective, it is found that majority of patients consume non-veg as a part of their diet.
- Moreover, as a part of a positive consequence, it is found that consumption of all the elements of nutrition is in higher amount which help them maintain a healthy diet.

Recommendation for Further Research

- Different types of programmes should be organized by the Government and Non-Government organization at national, state and district and rural level related to awareness of side effects of smoking, tobacco chewing, alcohol consumption.

- Different types of nutrition programmes should be projected among the society through advertisement and publicity.
- Smoking should be strictly banned by the Government at public places. This offence should be punishable.
- The daily diet should include a variety of vegetables, fruits, and whole grains. Nutrition education should be given during adolescence regarding the risk factors of cancer.
- Regular dental check-ups, screenings including an examination of the entire mouth, are essential in the early detection of cancerous and pre-cancerous conditions specially after the age of 40 years.

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