

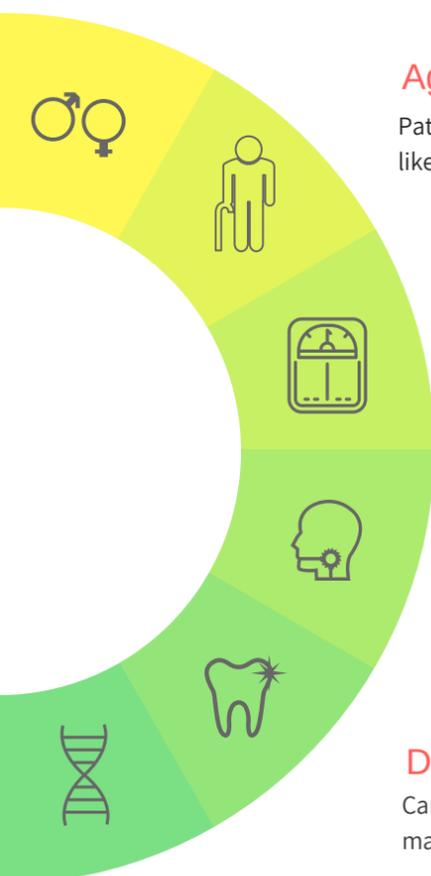
RISK FACTORS ORAL MUCOSITIS

Oral Mucositis (OM) is a common and debilitating side effect of chemotherapy and/or radiation. The condition occurs when the mucosal lining of the mouth gets thin as result of damage from cancer treatment. The thin lining then becomes inflamed and ulcerated making it painful for patients to eat, drink, and even speak.



Gender

Females may be more likely than males to develop OM. However, conflicting evidence exists with some studies finding no gender effect.



Age

Patients below the age of 20 and above the age of 65 are more likely to develop OM, than patients in other age groups.

Low Body Mass Index (BMI)

Studies comparing BMI to incidence of OM suggest that low BMI may be a risk factor in the development of moderate to severe OM.

Dry Mouth

Patients with a history of dry mouth, and those who develop dry mouth at the beginning of treatment are more likely develop OM.

Dental History

Cancer patients with a dental history of faulty restoration and ill-fitting prostheses may be more likely to develop OM than those with proper restoration and prostheses.

Genetics

Genes related to the body's metabolic pathways may play a role in the development of OM. The use of applied genomics may help identify patients at risk of developing OM.

Smoking & Drinking

Smoking and drinking during treatment can irritate the mucosal lining and contribute to the development and severity of OM.

Dental Health and Hygiene

Visiting your dentists before starting treatment and adhering to a strict oral hygiene routine can help mitigate OM.

Location and Treatment Type

Almost all patients with neck and head cancer develop OM, as well as patients going through stem cell transplant, chemotherapy and/or radiation.

Treatment Schedule

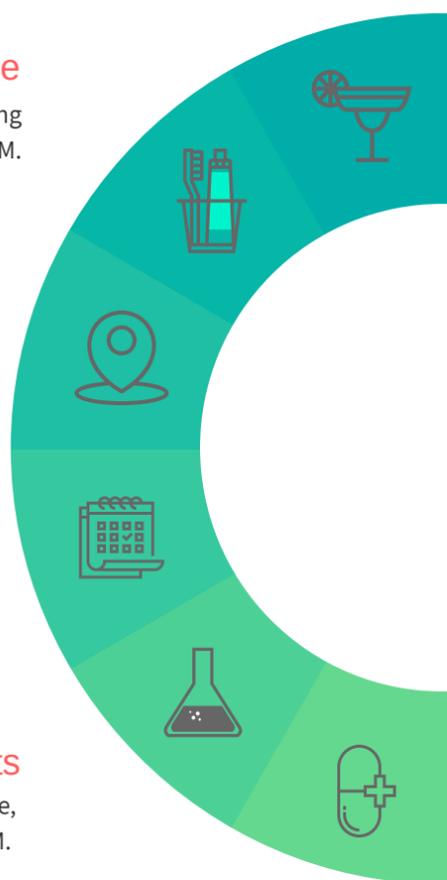
Patients who are under an aggressive treatment schedule and receive more than one radiation treatment per day are more likely to develop OM.

Certain Types of Chemotherapeutic Agents

Some chemotherapeutic agents such as 5-FU, cisplatin, cyclophosphamide, and methotrexate have been associated with a high incidence of OM.

Dose Levels

Patients treated with high doses are more likely than those treated with low dose to develop OM due to the damaging side effects of treatment.



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Enlivity delivers science-backed, over-the-counter products made specifically to relieve side effects in the digestive system experienced by patients going through cancer treatment.

Sources: 1. Cawley. *Clin J Oncol Nurs* 2005; 9(5) 2. Meirovitz et al. *Radiation Oncol* 2010; 5:16 3. Bogunia-Kubik et al. *Bone Marrow Transplant* 2003; 32: 617-22 4. Hahn et al. *Biol Blood Marrow Transplant* 2010; 16: 801-8 5. Rubenstein et al. *Cancer* 2004; 100(S9):2026-46 6. Sonis. *J Support Oncol* 2004; 2(Suppl 3):3-8 7. Saito et. al *Support Cancer Care* 2012; 20(12):3373-7 8. McCarthy et al. *Oral Oncol.* 1998 Nov; 34(6):484-90.