

How Can Non-Oral Health Professionals Help Detect and Prevent Oral Potentially Malignant Disorders (OPMDs)?

Oral Health



Overall health

WHAT ARE OPMDs?



- White/Red/Mixed Lesions
- Oral Lichen Planus
- Oral Submucous Fibrosis
- Actinic Cheilitis

WHY IT MATTERS



- OPMDs may lead to oral cancer if untreated

Major Risk Factors



Tobacco Smoking, chewing



Alcohol Heavy consumption



Betel Quid With or without tobacco



UV Light Especially for lips



Age 95% occur in people 40+

The 5-Step Framework:

1 Ask

- Exposure to risk factors & symptoms

2 Look for Signs

- Examine mouth & lymph nodes

3 Decide

- Refer if suspicious

4 Act

- Counsel, refer, follow-up

5 Document

- Findings, advice, photos

Warning Signs

- Sores/ulcers > 3 weeks
- Painful swallowing
- Ear pain
- Loose teeth
- Tongue/jaw issues
- Red/white patches
- Hard neck lumps
- Unexplained weight loss

Diagnosis

- **Biopsy = Gold Standard**
- Refer immediately for non-healing lesions (>3 weeks)
- Avoid delay – early detection saves lives

Learn More: fdiworlddental.org/educational-module-other-healthcare-professionals

Treatment

- Surgery + Radiation
- May include Chemotherapy or Immunotherapy
- Goal: Survival + quality of life