

On the cancer of the oral cavity can be influenced by what we eat and drink. Including alcohol. There are several factors at the expense of which alcohol causes oncology.

## Changes in the intestinal microbioma

Alcohol can contribute to this, which increases the risk of gum disease. It is they who lead to cancer of the oral cavity.

## Cell and DNA damage

Alcohol is broken down into toxic acetaldehyde. Alcohol also contributes to a lighter absorption of other carcinogens and chemicals.



Getty images. Evewell Design

## Inflammation

Chronic inflammation can lead to cancer. It can occur due to alcohol consumption.

## Lack of nutrients

Due to the chronic consumption of alcohol, a lack of folic acid, vitamin A, vitamin C and vitamin E develops. These substances are needed for the correct synthesis and restoration of DNA and generally act as antioxidants. Also, due to alcohol, the absorption of many vitamins and some minerals worsens: including iron, zinc, selenium.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***