

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.