# RISK FACTORS IN DIABETIC PROSTHODONTIC PATIENTS FOR PRECANCEROUS CONDITIONS

## РИЗИК ФАКТОРИ ЗА ПРЕКАНЦЕРОЗНИ СОСТОЈБИ КАЈ ПРОТЕТИЧКИ ПАЦИЕНТИ СО ДИЈАБЕТ

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#### Abstract

Diabetes Mellitus has become a global epidemic and presents many complications, usually proportional to the degree and duration of hyperglycemia. Many chronic macrovascular and microvascular complications of diabetes have been reported in the literature with few reports about oral complications. At the same time, the incidence of oral cancer has not decreased over the years despite exhaustive research. Recent research has shown that diabetes is one of the contributing factors in the initiation and progression of certain cancers. In addition, certain drugs used for the treatment of diabetic patients may also have a role in cancer initiation, progression and mortality. Epidemiological studies have shown that diabetic patients are at a higher risk in case of common cancers such as pancreatic, liver, breast, colorectal, urinary tract, etc. This article will explore the relationship between diabetes and oral cancer, with its possible mechanisms of carcinogenesis. Keywords: Diabetes, insulin, oral manifestations, oral cancer, precancerous lesions.

#### Апстракт

ДМ стана глобална епидемија, чии компликации се пропорционални со степенот и времетраењето на хипергликемијата. Многу хронични макроваскуларни и микроваскуларни компликации на дијабетес се сретнуваат во литературата, посочувајќи ја појавата на орални компликации. Во исто време, инциденцата на орален карцином не се намалува во текот на годините и покрај исцрпните истражувања. Неодамнешните истражувања покажаа дека дијабетесот е еден од придонесувачките фактори за започнување и напредување на одредени карциноми. Покрај тоа, одредени лекови што се користат за третман на дијабетичнит пациенти, исто така, можат да имаат улога во иницирање на карцином, негова прогресија и морталитет. Епидемиолошките студии покажале дека дијабетичните пациенти се изложени на поголем ризик во случај на вообичаени карциноми, како што се карциноми на: панкреас, црн дроб, гради, колон, ректум, уринарен тракт итн. Овој труд ќе ги презентира досегашните истражувања за односот помеѓу дијабетес мелитус и оралниот карцином. **Клучни зборови:** Дијабетес, инсулин, орални манифестации, орален карцином, преканцерозни лезии.

## Introduction

Diabetes mellitus is a group of metabolic diseases that leads to high levels of blood glucose and is caused when the body does not make any or enough insulin, or does not use insulin well<sup>1</sup>. Although there are various causes for less common types of diabetes, including drug- or chemical-induced diabetes, exocrine pancreatic disease, or infections (e.g., cytomegalovirus), the two most common subtypes of diabetes are known as Type 1 or Type 2 diabetes<sup>2</sup>. Type 1 diabetes, formerly known as juvenile diabetes, is a chronic autoimmune disease in which the beta cells in the pancreas create little to no insulin<sup>2,3</sup>, and accounts for 5% to 10% of all diabetes cases<sup>2</sup>. Type 1 diabetes is generally diagnosed in younger individuals (usually younger than 25 years of age) and has a strong genetic predisposition. Exogenous insulin is needed to regulate blood glucose levels in people with Type 1 diabetes<sup>2</sup>.

In contrast, Type 2 diabetes accounts for 85% to 90% or more of diabetes cases and is one of the most common chronic diseases, as well as one of the leading causes of death and disability in the U.S<sup>4</sup>. Type 2 diabetes is characterized by decreased response of target tissues to insulin, requiring increasing levels of insulin for an adequate response, dysregulation of insulin production, and insulin resistance<sup>2</sup>. Type 2 diabetes is associated with excess weight, physical inactivity, family history of diabetes, and certain ethnicities<sup>3</sup>. Although some people with Type 2 diabetes can help improve their glycemic

control with diet, exercise, and weight loss, patients may require insulin sensitizers that help peripheral tissues take up glucose (i.e., biguanides [metformin] or thiazolidinediones) or oral hypoglycemic agents that either stimulate release of insulin (i.e., insulin secretagogues such as sulfonylureas)<sup>2</sup>. Initial symptoms of diabetes include increased thirst and urination. Other symptoms can include unexplained weight loss, fatigue, blurred vision, increased hunger, and sores that do not heal<sup>2</sup>.

One of the most common causes of death is cancer<sup>5</sup>. Oral cancer, also known as mouth cancer, is cancer of the lining of the lips, mouth, or upper throat<sup>6</sup>. Oral cavity cancer accounts for approximately 3% of all malignancies and is a significant worldwide health problem<sup>7,8</sup>. Most oral malignancies occur as squamous cell carcinomas (SCCs); despite remarkable advances in treatment modalities, the 5-year survival rate has not significantly improved over the past several decades and still hovers at about 50-60%. In the mouth, it most commonly starts as a painless white patch that thickens, develops red patches, an ulcer, and continues to grow. When on the lips, it commonly looks like a persistent crusting ulcer that does not heal, and slowly grows<sup>10</sup>. Other symptoms may include difficult or painful swallowing, new lumps or bumps in the neck, a swelling in the mouth, or a feeling of numbress in the mouth or lips<sup>11</sup>. Adult males are most commonly affected, with an increased incidence among alcoholics and smokers of sixth and eighth decades of life. The commonly affected sites are buccal mucosa, hard palate, gingiva, floor of the mouth, lips, oropharynx and tongue. The most common risk factor for oral cancer is tobacco. The other risk factors include alcohol, immune defects, genetic factors and viruses such as human papilloma virus, Epstein-Barr virus, hepatitis virus, etc12. Many oral SCCs develop from premalignant conditions of the oral cavity<sup>13, 14</sup>. A wide array of conditions have been implicated in the development of oral cancer, including leukoplakia, erythroplakia, palatal lesion of reverse cigar smoking, oral lichen planus, oral submucous fibrosis, discoid lupus erythematosus, and hereditary disorders such as dyskeratosis congenital and epidermolysis bullosa<sup>15</sup>.

Recent epidemiological studies have shown a strong link between diabetes and cancer. These studies report that cancer patients with diabetes have a worse prognosis than patients without diabetes after treatment. Though diabetes and cancer has many common risk factors such as obesity, male sex and ageing, both Type I and Type II diabetes are associated with more incidence of cancer<sup>16</sup>. There are differences in carcinogenesis between diabetes I and diabetes II. Studies have shown that the risk of cancers in breast, colorectum, pancreas, etc. in diabetes II is more compared to diabetes I patients<sup>17</sup>. Diabetes mellitus causes many immunologic and metabolic changes in the oral mucosa. Many studies have shown the relationship of diabetes with periodontal disease and inflammatory diseases of the oral mucosa. Emerging evidences suggests that diabetic patients show more precancerous lesions like erythroplakia and leukoplakia that leads to oral cancer. The association between diabetes and oral cancer is unclear till date. Recent discoveries like anti-tumor effect of metformin can help the diabetologists and oncologists in discovering newer drugs for preventing diabetic complications.

## Aim

This review discusses the possible association between diabetes and oral cancer with the available data.

## Material and method

The material consists of reviewed articles that search the possible association between diabetes and oral cancer. Studies were selected applying the following inclusion criteria: articles published in English, between January 1998 and January 2020, in scientific journals, original research, studies conducted on a human population.

#### Discussion

#### Oral complications and manifestations of diabetes mellitus

Several soft tissue abnormalities have been reported to be associated with diabetes mellitus in the oral cavity. These complications include periodontal diseases (periodontitis and gingivitis); salivary dysfunction leading to a reduction in salivary flow and changes in saliva composition, and taste dysfunction. Oral fungal and bacterial infections have also been reported in patients with diabetes. There are also reports of oral mucosa lesions in the form of stomatitis, geographic tongue, benign migratory glossitis, fissured tongue, traumatic ulcer, lichen planus, lichenoid reaction and angular chelitis18,19,20,2122. In addition, delayed mucosal wound healing, mucosal neurosensory disorders, dental carries and tooth loss has been reported in patients with diabetes<sup>23</sup>. The prevalence and the chance of developing oral mucosal lesions were found to be higher in patients with diabetes compared to healthy controls<sup>24</sup>. The discovery of insulin treatment justified a close correlation between the disorder of the carbohydrate metabolism and oral inflammatory complications<sup>25</sup>. The adequate treatment of diabetes results in marked improvement of the gingival and periodontal lesions. Diabetes patients have further inflammatory complications of the oral mucosa. The decreased rate of saliva secretion and the low ph value result in chronic cheilitis and glossitis with progressive atrophy of the covering epithelial layer<sup>26</sup>.

## Histological changes of gingiva

The coronal part of the gingival connective tissue underneath the junctional epithelium shows decreased collagen density. Reduction in collagen synthesis and replication of DNA in dermal fibroblasts are seen more in diabetic patients as compared with non-diabetic patients. It is observed that there is an increase in the collagenase activity and abnormalities in neutrophil degranulation due to gingival crevicular fluid collagenase or other metabolic abnormalities in periodontal ligament fibroblasts. The histological sections in diabetic patients showed thickened basement membrane, swollen and proliferated endothelial cells and obliteration of capillaries with narrow capillary lumen<sup>27</sup>.

#### **Diabetes and cancer**

The first association between cancer and diabetes was studied in 1885<sup>10</sup>. According to few meta-analysis studies diabetic patients have an increased risk of cancers in endometrium, pancreas, colorectum, etc<sup>28,29,30,31,32,33,34</sup>.

## Hyperglycemia

Hyperglycemia plays a major role in carcinogenesis. Hyperglycemia generates oxidative stress that damages the DNA and induces carcinogenesis<sup>35</sup>.

#### Anticancer drugs and cancer risk

Insulin analogues used in the treatment of cancer have a role in cancer. Insulin is a mitogen that stimulates mitogen-activated protein kinase (AMPK) pathway, which in turn causes cancer. Many in vitro studies have revealed that, increased insulin levels affect angiogenesis and promote tumor progression by stimulating the mitogen pathway through insulin and insulin-like growth factor receptors. Studies have reported that there is less cancer risk in case of metformin as compared to other antidiabetic drugs. This is because of certain antitumor characteristics of metformin like cell proliferation inhibition. It could also be due to decreased cancer proliferation with the activation of activated protein kinase (AMP), AMP kinase, which is a mediator of tumor suppressor LKB1<sup>36</sup>.

#### Precancerous changes in diabetes

Mihaela et al. reported a case having an eleven-year history of Type II diabetic mellitus with a hyperplastic lesion in the inferior vestibule. The biopsy showed moderate elongation of the rete ridges, epithelial hyperplasia due to a moderate acanthosis, mild orthokeratosis with focal parakeratosis and basal cell hyperplasia of basal cell layer<sup>37</sup>.

In the study done by Thomas et al. analyzing the risk factors of leukoplakia, they found that diabetic patients are three times more associated with leukoplakia than non-diabetic patients. This increased incidence might be due to the metabolic and immunologic changes in the oral mucosa<sup>38</sup>.

Certain studies have reported a possible association between DM and potentially malignant disorders such as erythroplakia<sup>39,40</sup> leukoplakia<sup>39,41</sup> and lichen planus<sup>41,42,43,44</sup>. However, other studies neither demonstrated this association nor found any influence of DM on the duration, distribution, or type of lesion<sup>45,46</sup>.

The studies conducted in India<sup>39</sup> and Hungary<sup>40</sup> show an increased prevalence of premalignant lesions among diabetic patients.

A study done by Ujpál et al. revealed 25.6% of Type I and 31.3% of Type II diabetic patients had glossitis and chronic cheilitis that are considered to be precursors of malignant transformations. 10.9% of Type I and 16.9% of Type II had benign tumors. 3.2% of Type I and 11% of Type II had leukoplakia or erythroplakia. There were more incidences of gingival cancer (29%) and lip cancer (24%) as compared to the non-diabetic group<sup>40</sup>.

In normal populations, oral cancer mainly involves the tongue, oropharynx and floor of the mouth. The lips, gingiva, dorsum of the tongue and palate are usually not affected<sup>47</sup>. But in people with diabetes, tumors most commonly involve the gums and labial mucosa. Also in contrast to the normal population, in which males are more commonly affected by oral cancer than females, among those with diabetes, tumors are more frequent in females<sup>39,40</sup>.

Dikshit Rp et al. analyzed data from randomized oral cancer screening trial in Kerala, India, to study the association between chronic diseases in general, diabetes mellitus in particular, and pre-malignant oral lesions and conditions. They found that the incidence of leukoplakia and lichen planus in diabetic patients was more in comparison with non-diabetic patients<sup>39</sup>.

Bastos et al.<sup>48</sup> reported a significantly higher prevalence of lichen planus in dm<sup>2</sup> patients (6.1%) than in control subjects. Van Dis and Parks<sup>25</sup> observed lichen planus in 4% of patients with diabetes.

A study by Mohsin et al. revealed more oral mucosal lesions such as geographic tongue, fissured tongue, coated tongue in diabetic than non-diabetic patients. An association between premalignant lesions and diabetic patients was not significant according to their study<sup>49</sup>. Muralidara et al. also did not find any association between precancerous lesions and diabetes. They have found only lichen planus in diabetes patients<sup>50</sup>. However, according to the study done by Yadiyal et al. there is no correlation between lichen planus and diabetes<sup>51</sup>. The occurrence of lichen planus in diabetes patients might also be due to the lichenoid reaction of the drugs<sup>52</sup>.

There are studies on other site-specific cancers which strongly support an increase in cancer risk and mortality in diabetic patients. The molecular mechanisms associated with diabetes and cancer development are still not clear. However, only few research studies have been done on diabetes and oral cancer. The association between diabetes and oral cancers may be due to shared risk factors between the two diseases, such as diet, aging, obesity and physical inactivity. However, the etiologic factors of oral cancer such as tobacco, alcohol can also contribute to oral cancer in diabetic patients. A few studies on oral cancer and diabetes have shown an association between them, while a few studies have indicated the opposite.

## Conclusion

More advanced studies are necessary to show a definitive relationship between diabetes and oral cancer. Proper blood glucose control is mandatory to avoid diabetes related complications. For this reason, clinicians and patients should be aware of possible cancer risks in diabetic patients. This awareness will go a long way in reducing the incidence of oncological complications among diabetic patients.

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