



About the book:

The name of the book is ' Handbook of Oral Cancer Screening and Education- a tested Guideline Protocol'. The book is illustrated with several clinical photographs of oral mucosal lesions (tobacco associated) those collected from Indian clinical settings. The book also includes the research results of collaborative molecular studies to reveal the fatal consequences (DNA damage) of the cases that had *Khaini* (a variety of SLT) habits.

Importantly, in the book, the concept of People's Involvement for Health Development, based on the CIH concept (Community Involvement for Health Development) has been incorporated. Also explained is how a smoker and/or Smokeless tobacco (SLT) chewer helps him/her-self to quit the habit(s), and how s/he is encouraged to help others to do so, by placing themselves in a stop tobacco alliance (to come out of the patient's forum). We also have put evidence in the book about how the model works cost-effectively through quick and early screening and establishing a non-therapeutic care management regimen to revert pre-cancerous oral lesions. It is hoped education and treatment will in the long term save millions of lives from tobacco related high morbidity and mortality in India and SE Asian countries including also a proportion of the SE Asian migrant population in the UK.



About the author : Professor Chitta Ranjan Choudhury

In 1980, Chitta qualified in dentistry at Dhaka University. He obtained his postgraduate diploma in Applied Nutrition and Dietetics from the same University. In 1987 Chitta completed two years clinical training in Oral and Maxillofacial Surgery from Okayama University of Japan. In 1991, he completed his PhD in Oral & Maxillofacial Surgery from Asahi University School of Dentistry of Japan. His PhD was based on the study of oral cancer immunology to understand the immune status of oral cancer patients in relation to their serum levels of vitamins A and E and Zinc. He then investigated and first introduced the therapy with oral zinc to improve systemic immunity.

With the support of the Japan Society for Promotion of Science (JSPS) he completed his post doctoral research at Okayama University of Japan. At this time Chitta was engaged in carrying out a series of molecular investigations in oral cancer and led tobacco interventions. He went on to become a faculty member at Okayama University and then a visiting Professor at Osaka Dental University. He has also completed a FFDRCS in Oral Surgery with Oral Medicine from the Royal College of Surgeons of Ireland and obtained a Masters of Public Health (MPH) degree from the University of Manchester, UK. Chitta has also served as an examiner for the Royal College of Surgeons of England, and was enlisted on the General Dental Council (GDC) in the UK as a specialist in Oral Surgery.

Chitta started his career in teaching, research and action-based community programmes including clinical practice both in developed and developing countries. Currently, Chitta is Director of the International Centre for Tropical Oral Health at Poole NHS Hospital, and the Postgraduate Medical Centre of Bournemouth University, England. In these roles he has established the Department of Oral Biology and expanded the research carried out there to incorporate the genomic studies at Nitte University of Mangalore, India. He

has successfully been awarded subsequent grants from JSPS, Monbusho, JDA and SIDA of Sweden. Chitta is a leading member of research projects at Nitte University, and shares his time between developing research and community services in India, UK, Africa and SE Asian Countries. He is involved in the Frontier Research Action Initiative within the Nitte University system, and has established international links to continue a number of collaborative research projects there.

Stop Tobacco, Save Lives