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### 一、臨床情境描述(200 字內、中英文皆可)

王先生 50 歲身體十分硬朗，不抽菸不喝酒，但長期為牙齦炎、牙齒出血所苦，於電視廣告、報章雜誌上得知，使用漱口水能有效殺死引起牙菌斑、齒齦炎及口臭的細菌，可預防牙周病。因此，每天早晚使用漱口水，已經一段時間。但最近新聞報導”漱口水用太多恐易致癌”，覺得很擔心，不知道自己是否會因此得到癌症？到底還該不該使用漱口水，是否有建議可以使用的漱口水？還是需要降低使用次數？

### 二、 PICO

P: 50y/o healthy male, gingivitis, tooth bleeding

I: using mouthwash

C: without mouthwash

O: oral cancer incidence

### 三、 最佳文獻(請參照 APA6 格式列出所有文獻，並挑選最佳 5 篇文獻附上 PDF 檔)

文獻 1:

Ahrens W, Pohlabeln H, Foraita R, Nelis M, Lagiou P, Lagiou A, Bouchardy C, Slamova A, Schejbalova M, Merletti F, Richiardi L, Kjaerheim K, Agudo A, Castellsague X, Macfarlane TV, Macfarlane GJ, Lee YC, Talamini R, Barzan L, Canova C, Simonato L, Thomson P, McKinney PA, McMahon AD, Znaor A, Healy CM, McCartan BE, Metspalu A, Marron M, Hashibe M, Conway DI, Brennan P.(2014). Oral health, dental care and mouthwash associated with upper aerodigestive tract cancer risk in Europe: The ARCAGE study. *Oral Oncology*, 50(6), 616-625.

文獻 2:

Chang JS, Lo HI, Wong TY, Huang CC, Lee WT, Tsai ST, Chen KC, Yen CJ, Wu YH, Hsueh WT, Yang MW, Wu SY, Chang KY, Chang JY, Ou CY, Wang YH, Weng YL, Yang HC, Wang FT, Lin CL, Huang JS, Hsiao JR. (2013). Investigating the association between oral hygiene and head and neck cancer. *Oral Oncology*, 49(10), 1010-1017

文獻 3:

Eliot MN, Michaud DS, Langevin SM, McClean MD, Kelsey KT. (2013). Periodontal disease and mouthwash use are risk factors for head and neck squamous cell carcinoma. *Cancer causes & control*, 24(7), 1315-1322.

文献 4:

Gandini S, Negri E, Boffetta P, La Vecchia C, Boyle P. (2012). Mouthwash and oral cancer risk quantitative meta-analysis of epidemiologic studies. *Annals of agricultural and environmental medicine*, 19(2), 173-180.

文献 5:

Lachenmeier DW<sup>1</sup>, Gumbel-Mako S, Sohnius EM, Keck-Wilhelm A, Kratz E, Mildau G. (2009). Salivary acetaldehyde increase due to alcohol-containing mouthwash use: a risk factor for oral cancer. *International journal of cancer*, 125(3), 730-735.