



International Journal of Applied Dental Sciences

ISSN Print: 2394-7489
ISSN Online: 2394-7497
IJADS 2019; 5(4): 173-175
© 2019 IJADS
www.oraljournal.com
Received: 22-08-2019
Accepted: 24-09-2019

Dr. Chinmayee Padhy
Dentist, Dr. Hiremath Dental
Artistry (Unit of Dr. Hiremath
Hospitals Pvt. Ltd) Bangalore,
Karnataka, India

Tobacco cessation

Dr. Chinmayee Padhy

Abstract

Introduction: India is the largest consumer of tobacco and third largest producer of tobacco & third largest producer of tobacco. Common Myth, “I” Will Quit later, on my own”. Quitting benefits:- Cardiovascular and Pulmonary benefits are immediate. To help the youth who are already involved and also getting involved in tobacco habits, trends, prevalence, consequences and to inspire engaging in program for smoking.

Method: The articles published from 2005 to 2017 and also till date were identified retrospectively through several electronic database, pubmed, WHO (World Health Organisation) for review.

Background: Even though several preventive measures have been taken by governments and also several organisations, tobacco uses remains constant and severe problems in all over the world. It must be around millions of number if we start estimating each year, death numbers are getting increased worldwide, though it is entirely preventable.

Keywords: Tobacco, cessation, smoking, prevention

Introduction

In India, tobacco's associated mortality is the highest in the world, estimated 700,000 annual deaths for tobacco use where as the lowest tobacco rates for men can be found in Nigeria, Barbuda & Antigua. For women smoking rates are lowest in Eritera, Cameroon and Morocco. Prevention of Oral cancers mainly focuses on modifying habits, associated with the use of tobacco. The cigratte industries are spending million and billion dollars of money to attract the young adults and adolescence which fuel the existing burdens.

The prevelance of youth smoking is high, although some resources have been dedicated to this problem and the variety of interventions that have been tried to prevent smoking is a big concern for public health perspective.

The primary cause of cardiopulmonary disease (COPD) & lung cancer in adult has been cigratte smoking. Cigarette Smoker person have lower level function of lungs than those who never smoked. On an average a person smoking a pack or more cigratte per day lives seven years less than the person who have never smoked.

Multiple factors are associated with tobacco such as social, physical & environmental. Young people are more likely to use tobacco if the peers use tobacco. Other factors like socio economical status, lack of parental support or involvement, accesibility, availability, low level of academic achievement, aggressive behaviour have been associated with youth smoking.



Fig 1: Say No To Tobacco

Corresponding Author:
Dr. Chinmayee Padhy
Dentist, Dr. Hiremath Dental
Artistry (Unit of Dr. Hiremath
Hospitals Pvt. Ltd) Bangalore,
Karnataka, India

Tobacco impact on health

Second hand smoke which is known as environmental tobacco smoke. Combination of smoke from the end of a cigarette and smoke exhaled by the smoker. It is labelled as human carcinogen.

Tobacco Causes and worsens Disease. It causes more disease like liver cancer, Colorectal Cancer, Diabetes, Rheumatoid Arthritis.

And also makes the treatment more difficult like poor surgical healing, Increases infections, medications control of disease including psychiatric medicine.

Mostly contributes to chronic diseases like

1. Cardiovascular Diseases
2. Chronic Obstructive pulmonary Diseases.

Other benefits of Quitting smoking is reduced chances of impotence, having difficulty in pregnancy, having premature births, babies with low birth weight & miscarriages. The Probability of suffering from one heart attack is reduced by 50% of people who quit smoking after having a heart attack or following the onset of life threatening diseases

Wish to be an Idle for others

Withdrawal symptoms of tobacco

- | | |
|--------------|--------------------------|
| Irritability | Headache |
| Anxiety | Restlessness |
| Coughing | Nausea |
| Insomnia | Dizziness |
| Depression | Difficulty Concentrating |

Physical and Physiological Dependency



Fig 4: Physical Dependency

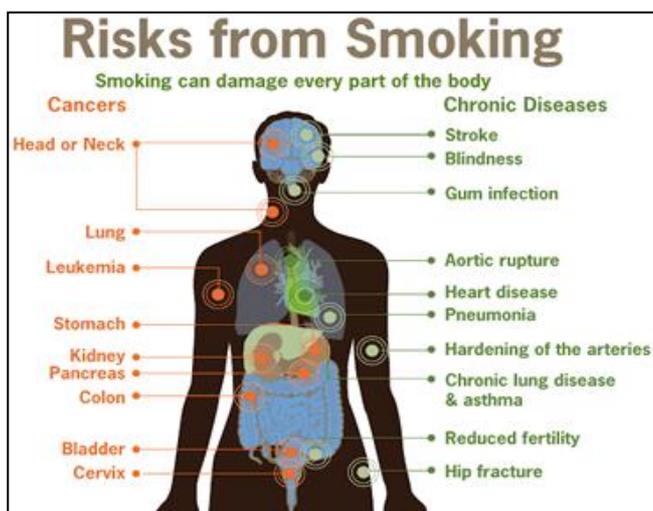


Fig 2: Impact of Smoking

Tobacco cessation, Tobacco prevention and methods to quit tobacco

The 5a's of tobacco

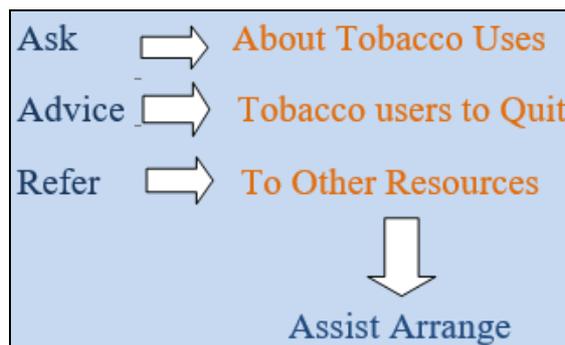


Fig 5: Methods to Quit Tobacco

Tobacco Dependence

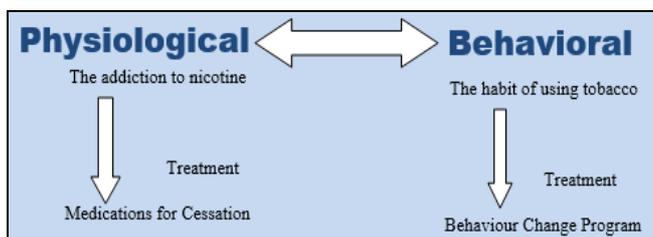


Fig 3: Tobacco Dependence

Challenges between Smoke VS Quit

Common reasons not to quit

1. Family, Friends Smoke
2. Stress- Main Excuse
3. Addiction
4. Unsuccessful to Quit

Common reasons to quit

1. Encouragement From Family
2. Health Issues
3. 3.Pregnancy, Impotence

Treatment options for nicotine addiction

- Combination of counselling and pharmacotherapy is more effective than either option alone.
- The more intense the intervention, the better the outcome of abstinence.
- Patients attempting to quit smoking should always be encouraged to use effective medications unless they are contraindicated in specific populations.

E.G: Pregnant Women, Smokeless Tobacco Users, Light smokers, Adolescents.

Two categories of Pharmaceutical Options

- Nicotine Replacement Therapy (NRT)
- Non Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT)

NRT is available in various forms as

- Nicotine patch
- Nicotine Lozenges
- Nicotine Gum
- Nicotine Inhalers

Nicotine Spray



Fig 6: Different forms of Nicotine Replacement Therapy

- Provide Nicotine to reduce withdrawal Symptoms.
- Take between 1 to 4 hours to reach maximum blood levels (Unlike Cigarettes, 7seconds)
- Do not cause sudden boost to nicotine blood levels (prevents addiction to products)
- Dose depends on habits of the smoker but is reduced over a 12week period.

Non-Nicotine Therapy

- Bupropion Hydrochloride (Zyban)

It is marked as Anti-depressant medication.

- Varenicline Tartrate (Champix)

Targets nicotinic acetylcholine receptors to decrease craving and withdrawal

- Clonidine and Nortriptyline

Second line medications used in smoking cessation.

All of these medications require prescription

E-Cigarettes

It is also known as electronic cigarettes, which is electronic nicotine delivery systems a mechanical device designed to mimic regular cigarettes, looks conventional alike cigarette, delivers nicotine through inhaling vapours without burning tobacco.

It is mostly used by the ones who have left smoking due to avoid relapse or else an second option for nicotine medications.

Conclusion

According to review it suggests that the tobacco cessation strategies differ from region to region after an perspective study internationally. The above mentioned facts are completely necessary to quit smoking either for the new adolescents who are in habit or the adults. For this there should be a frequent awareness program regarding Tobacco Cessation. Additionally the government should also create and contribute for the sessions. And also the government can strictly apply taxations on cigarettes and increase the price of tobacco and tobacco products in general. It is a short message towards all the people who are involved in smoking habit, "Stay Healthy and Make Your Life Brighter by Quitting Tobacco".

References

1. Referred Articles Related to Tobacco Cessation.
2. Referred Text Book of Public Health Dentistry
3. Referred World Health Organization strategies for Tobacco cessation policy
4. Referred Google Images Related to Tobacco Cessation