

# TOBACCO CONSUMPTION AND OTHER RELATED HABITS RECORDED IN PATIENTS, ON “WORLD NO TOBACCO DAY 2019” IN SIR SYED DENTAL HOSPITAL

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## ABSTRACT

World Health Organization (WHO) and universal associates organize “World No Tobacco Day (WNTD)” every year, on 31 May. The purpose of this campaign every year is to provide awareness on the lethal and harmful effects of tobacco use and passive smoking and to discourage the consumption of tobacco in any formula. Currently mortality and morbidity rates are also increasing in urban and rural areas due to continuous use of tobacco, alcohol and other related habits. Frequent use of tobacco and alcohol affects the mouth first and is also responsible for the development of different oral diseases including oral cancer.

Therefore, the purpose of this study was to find out the frequency of tobacco, alcohol and other related habits in patients who were seeking free dental check up's on “World No Tobacco Day,” at Sir Syed Dental Hospital, Qayummabad, Karachi, and to provide awareness of tobacco and alcohol among them. The data were collected on “World No Tobacco Day 2019.” Male (63) and female (83) patients of age range from 10 to 90 years old were analysed through medical records. In this study 24% of patients were reported with significant habits. Among smokeless tobacco 16.5% and smoking 15%, consumption of different Smokeless tobacco products was slightly higher.

**Key word:** World No Tobacco Day (WNTD), Smoking and Chewing Tobacco, Betel Nut ,Betel quid, Alcohol

**This article may be cited as:** Shahzad M, Ali R, Sheikh A, Aizaz S. Tobacco Consumption and Other Related Habits Recorded in Patients, on “World No Tobacco Day 2019” in Sir Syed Dental Hospital. Pak Oral Dent J 2021; 41(3):152-54.

## INTRODUCTION

World Health Organization (WHO) members created “World No Tobacco Day in 1987.” Universally people of Schools, Colleges, universities, hospitals, clinic, local clubs, city councils and government are motivated by the WHO to campaign each year to help societies in order to celebrate “World No Tobacco Day” individually according to their level. Many countries apply tobacco control efforts and smoking bans.<sup>1</sup>

Although numerous preventive measures have been taken by several organizations and governments.

Smoking and chewing tobacco remains a continuous and severe problem in communities globally. Diseases associated with tobacco claim an estimated 6 million lives each year out of which 600,000 deaths were from passive smoking, while it is completely preventable (WHO, 2015).<sup>2,3</sup> Continuous smoking and chewing tobacco consumption give rise to many oral diseases including oral cancer, leukoplakia, erythroplakia, oral submucous fibrosis and lichen planus. If chewing tobacco is mixed with areca nut then there is loss of periodontal support which leads to gum recession and staining of teeth and composite restorations.<sup>4,5</sup>

Similarly Alcohol consumption currently is everywhere and has been constantly increasing globally. Worldwide, harmful consumption of alcohol causes approximately 3.3 million deaths every year and 5.1% of the worldwide burden of disease is due to alcohol consumption.<sup>6</sup> Dependency of Alcohol not only involves health of the whole body but in addition oral health of an individual is affected. Alcoholics are at high risk of developing different kind of oral diseases such as; dental caries, gingival diseases, glossitis, angular cheilitis, dental erosion and may suffer from oropharyngeal cancers. The possibility of oral cancer further increases

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**Received for Publication:** Mar 19, 2020

**Revised:** Oct 25, 2020

**Approved:** Oct 26, 2020

when alcohol is used along with smoking.<sup>7</sup>

Hence, current study highlights on assessing the frequency of tobacco and alcohol consumption in the patients of Sir Syed Dental Hospital on World No tobacco Day and provide awareness of tobacco and alcohol among them. In this study 24% of patients were reported with significant habits. Among smokeless tobacco werer 16.5% and with smoking habits were 15%, but consumption of different Smokeless tobacco products was slightly higher.

## METHODOLOGY

This study subjects were selected from Oral Diagnosis and Medicine Department Sir Syed Dental Hospital, Karachi, Pakistan who had free dental checkups on “World No Tobacco Day” 31 May 2019. Ethical approval was obtained from ethics committee of Dental section of SSCMS. The sample consisted of 146 patients of both genders, over 10 years old. The study of the participants was performed by evaluating patient record forms. Details of *patients* including demographic data, past medical history, dental history, social history and oral hygiene practices were recorded in patient forms. The data were recorded and analyzed by SPSS software 17 version using chi-square test.

**Inclusion Criteria:** Healthy participants, both genders, age above 10 years and patients with and without history of habits were included in this study to evaluate the prevalence of consumption.

**Exclusion Criteria:** Participants suffering from immune related disorders, age below 10 years and history of parafunctional habits were excluded from this study.

## RESULTS

This study consisted of patients who came in for free dental check up's on “World No Tobacco Day 2019.” Total number of patients who attended OPD that day were 146 and they were taken into consideration for the research. There were 8 specific parameters that were collected by the medical records which included both age and gender. Among these 8 parameters, smoking (15.1%) was the most significant. Parameters that were least significant listed included Betel nut (8.9%), Naswar (4.1%), Tobacco Betel leaves (2.1%) and Betel Quid (1.4%). Patients had no consumption of alcohol and Hashish. (Table 1-2). Fig 1 shows Incidence of patients with and without significant history of oral habits.

## DISCUSSION

These days smoking, smokeless tobacco and alcohol is responsible for oral cancer in patients reportedly.<sup>8</sup> This study shows that 24% of patients had the habit of smoking or chewing tobacco or taking alcohol. Among smokeless tobacco (16.5%) and smoking (15%), consumption of different Smokeless tobacco products was slightly higher. The use of betel nut was the highest (8.9%) followed by Naswar 4.1%, Betel leaves with tobacco 2.1% and Betel quid 1.4% respectively. Similarly in an Indian study prevalence of smokeless tobacco was significantly higher as compared to smoking.<sup>9</sup> While in the study of Azmina Hussain, consumption of smokeless tobacco and betel quid was reported less as compared to smoking tobacco and alcohol.<sup>10</sup>

In the present study consumption of smoking was reported slightly less as compared to smokeless tobacco.

TABLE 1: DETAILS OF PARAMETERS AND FREQUENCIES

Parameters	Frequencies		%
	Total	Yes	Valid Percent
Smoking	146	22	15.1
Tobacco Betel leaves	146	03	2.1
Betel nut	146	13	8.9
Naswar	146	06	4.1
Betel Quid	146	02	1.4
Alcohol	146	00	00
Hashish	146	00	00

TABLE 2: GENDER DISTRIBUTION

Count	Habits		Total
	Yes	No	
Sex	Male	30	33
	Female	5	78
Total	35	111	146

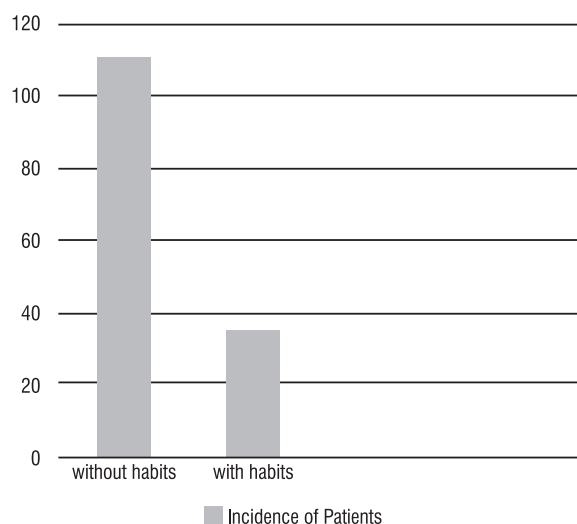


Fig 1: Incidence of patients with and without significant history of oral habits

These results contradict with the results of other studies in which smoking consumption was much higher.<sup>11,12</sup> In addition, in previous study of Jamal Abdul Nasir et al consumption of smoking was higher as compared to smokeless tobacco.<sup>13</sup> In this study, males were more frequent smokers and this was similar to other studies.<sup>14,15</sup> Use of alcohol in this study was zero %. This result contradicts the results of studies in which the consumption of alcohol was higher as compared to other habits.<sup>16,17</sup> Result of Hashish consumption was also zero in the current study. Alcohol, smoking and smokeless tobacco products are still common in urban and rural areas. Therefore, the global habits of these products are still major risk factors for oral cancer.

## CONCLUSION

It was concluded that 24% of the patients checked had the habit of smoking or chewing tobacco or alcohol consumption. Smokeless tobacco consumption was significantly higher among the participants.

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Conception and design of research, literature search, drafting of article and final review.

Data interpretation, statistical and data analysis and results writing.

Proof reading, manuscript editing, and review.

Data Collection