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Viewpoint of general population on the effects of smoking on periodontium.

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Abstract

Background: In order to determine dental patients' awareness and understanding of the effects of smoking on their oral health as well as their general health, this study was carried out.

Material and methods: The sample size in this study was 100. For this study, a self-administrated questionnaire was created. Three categories were created from the questionnaire. The questionnaire's first section asked questions about sociodemographic information, such as gender, age, and academic standing. There were questions regarding smoking behaviour in the second segment. The third portion of the survey measured respondents' awareness of how smoking affects their oral health. A questionnaire regarding oral health risks related to smoking.

Results: In this study, there 56 males and 44 females. There were 45 smokers and 55 non-smokers. 98% subjects had awareness about the effect of tobacco smoking on oral and dental health.

Conclusion: It has been consistently demonstrated that smoking poses a serious and substantial risk for developing periodontal diseases, most notably periodontitis. Tobacco works by decreasing blood flow to the gingival tissues, which results in a shortage of nutrients and oxygen. 98% subjects had awareness about the effect of tobacco smoking on oral and dental health.

Keywords: smoking, periodontal disease, tobacco

Introduction

Tobacco inhalation is inhalation of smoke from burned leaves of tobacco plant, most often in the form of cigarettes. Smokeless tobacco refers to chewing of tobacco. People may smoke casually for pleasure, habitually to satisfy an addiction, due to social pressure. Smoking is responsible for 100 million deaths worldwide.¹ The British doctor's study has shown that smokers are reducing their life by an average of 7.5 years, irrespective of the type of tobacco smoked and the amount of daily smoking.² The negative effects of smoking on the general health of tobacco users are well-documented.

It has been established as risk factor for death from several systemic diseases, including lung cancer, respiratory diseases and cardiovascular diseases.^{3,4} It also causes premature hair graying, hair loss and skin ageing.⁵⁻⁸ Smoking has also been demonstrated to affect the oral health of smokers in a variety of way ranging from cosmetic effects, such as tooth staining or discoloration, to potentially harmful life-threatening cancer.^{9,10}

This study was conducted on Knowledge and Awareness on smoking and periodontal disease.

Material and methods

The sample size in this study was 100. For this study, a self-administrated questionnaire was created. Three categories were created from the questionnaire. The questionnaire's first section asked questions about sociodemographic information, such as gender, age, and academic standing. There were questions regarding smoking behaviour in the second segment. The third portion of the survey measured respondents' awareness of how smoking affects their oral health. A questionnaire regarding oral health risks related to smoking.

Results

Table 1: Gender-wise distribution of subjects.

Gender	Number of subjects	Percentage
Males	56	56%
Females	44	44%
Total	100	100

In this study of 100 subjects, 44 were females and 56 were males.

Table 2: Frequency of Smokers and Nonsmokers

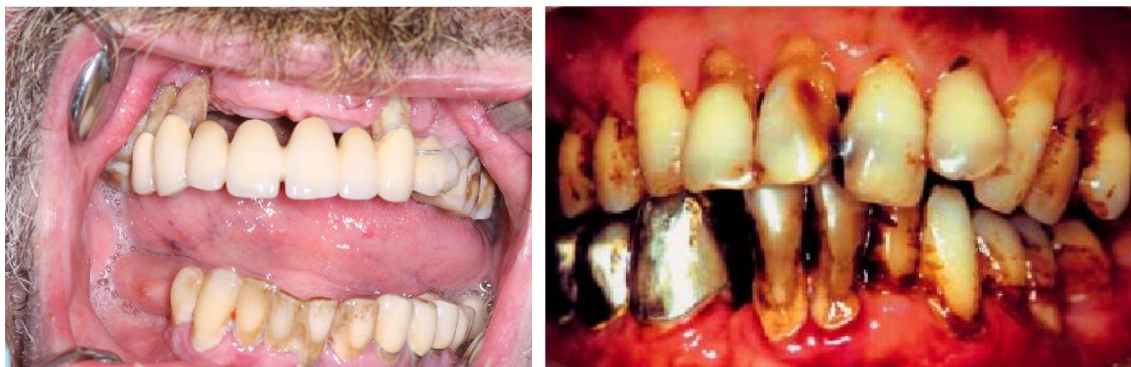
	Frequency	Percent
Smokers	45	45%
Non-smokers	55	55%
Total	100	100%

There were 45 smokers and 55 non-smokers.

Table 3: Awareness about the effect of tobacco on oral and dental health

Awareness about effect of tobacco on oral and dental health	Frequency	Percent
Yes	98	98%
No	02	02%

98% subjects had awareness about the effect of tobacco smoking on oral and dental health



Discussion

Tobacco smoking and periodontitis are still major public health problems (Bassetti et al. 2017).¹¹ Within the past thirty years, there has been growing awareness of the impact of tobacco smoking on periodontal tissue (Gautam et al. 2011).¹²

The effects of smoking on oral health range from life threatening conditions like oral cancer to tooth staining with potential jeopardies to oral health morbidity and tooth mortality. Smokers have a 3 times higher risk of developing oral cancer as compared to non-smokers. Smoke contains several pre carcinogens that produce free radicals that affect the defence mechanism and also cause cell mutations.¹³

Mullaly et al (2004)¹⁴ in their study demonstrated a high odds ratio of 14.1 in subjects with periodontitis who regularly smoked. Thus, indicating that the presence of smoking acts as a strong predictor for chronic periodontitis.

This study was conducted on Knowledge and Awareness on smoking and periodontal disease. In this study, there 56 males and 44 females. There were 45 smokers and 55 non-smokers. 98% subjects had awareness about the effect of tobacco smoking on oral and dental health.

Shetty et al. (2015).¹⁵ In this study he investigated the patient's awareness of the effects of smoking on periodontal health in Kingdom of Saudi Arabia. 95.7% patients were aware that smoking had a negative impact on oral health. However, this awareness was more compared to study done by Z.H.S Lung et al. (2005)¹⁰⁵ reported that 78% of the respondents were aware that smoking or using tobacco was harmful to oral health.

Other similar studies conducted by **Yang et al. (2010)**¹⁶, to determine the level of awareness of the tobacco hazards and secondhand inhalation of smoking among Chinese adults, revealed that 81.8% of the smoking population was aware of the complications of smoking. Another study by **Mathivadani et al. (2019)**¹⁷ assessed the knowledge of tobacco usage among transgender living in Chennai; the study revealed that nearly 60% were unaware of tobacco hazards.

Conclusion

98% subjects had awareness about the effect of tobacco smoking on oral and dental health.

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