

Title: The risks for oral health of alcohol and tobacco consumption

Objective: To conclude, the participants will know the risks of alcohol and tobacco.

Time: 10 minutes

Method: brainstorming, facilitated discussion.

Process:

- Communicate group that will discuss the risks of alcohol and tobacco in the development of diseases of the oral cavity, encourage them to say all the ideas that come to this subject.
- Not assessing the correct answers, but will be discussed in the group.
- Conclude the seriousness of alcohol and tobacco in the oral cavity diseases arise

Tips & Tricks:

- Write all the students' ideas on flipchart
- Point out the correct answers
- DO NOT cut / delete answers that have no connection with the subject.

Effects on oral mucosa:

The mouth, the main negative effects of tobacco are:

- tooth discoloration (esthetic !!!)
- unpleasant odor (halitosis)
- Changes in the appearance and color of oral mucosa (ex. Leukoplakia, defined as a white plate, restricted to small areas or bed and having malignant potential;
- Nicotine stomatitis, which presents itself as a thickening of the lining of the palate (roof of the mouth), chronic inflammation of the salivary glands Palatine;

- Periodontal disease involves all the supporting structures of the teeth (the gums, alveolar bone, ligaments). Mobility and lead to tooth loss. Smoking is the major risk factor - risk 4 times higher in smokers;
- Tooth decay are 3 times more common in smokers due to decreased abundance saliva and dental plaque which favors bacterial growth.

Taste and smell disorders were observed in smokers a higher proportion. One consequence is the lack of appetite, "indifference" towards the food, but that does not perceive the odor of their clothes and themselves.

- Smokers are more prone to develop cancers of the oral mucosa than nonsmokers. Smoking is now around 70% of oral cancers, and the risk of a smoker developing cancer of the oropharynx is 6.85 times higher than that of a nonsmoker.

A. The effects of alcohol on the health of the oral cavity

The alcohol increases the risk of the formation of cancer of the oral cavity, larynx, pharynx, esophagus to two to five times!



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