



Tobacco's Toll on Oral Health: Understanding and Preventing Tobacco-related Oral Diseases

Sonja Akesson*

Department of Oral and Maxillofacial-head, Shanghai Jiao Tong University, China

INTRODUCTION

Tobacco use is a leading cause of numerous oral diseases, significantly impacting oral health and overall well-being. Smoking cigarettes, cigars, and pipes, as well as using smokeless tobacco products such as chewing tobacco and snuff, introduces harmful chemicals into the mouth that contribute to a wide range of oral health problems. These substances can lead to conditions such as oral cancer, periodontal disease, leukoplakia, and various forms of mucosal irritation and staining. Oral cancer, one of the most severe consequences of tobacco use, often presents as persistent sores, lumps, or patches in the mouth, and has a high mortality rate if not detected early. Periodontal disease, characterized by inflammation and infection of the gums and supporting structures of the teeth, is also exacerbated by tobacco, leading to tooth loss and other complications. Additionally, tobacco use impairs wound healing and reduces the effectiveness of oral health treatments, complicating dental care.

DESCRIPTION

Tobacco-related oral diseases encompass a spectrum of conditions stemming from the use of tobacco products, including cigarettes, cigars, pipes, and smokeless tobacco. These products expose the oral cavity to a cocktail of harmful substances, including nicotine, tar, carbon monoxide, and various carcinogens. Consequently, tobacco use is a major risk factor for oral cancer, with the majority of cases directly attributable to smoking or chewing tobacco. Oral cancer often manifests as persistent sores, lumps, or white or red patches in the mouth, and can affect the lips, tongue, cheeks, gums, and throat. Moreover, tobacco use exacerbates periodontal (gum) disease, leading to inflammation, gum recession, tooth loss, and compromised oral health.

Beyond cancer and periodontal disease, tobacco consumption

also contributes to the development of leukoplakia, a precancerous condition characterized by white patches on the mucous membranes of the mouth. Additionally, tobacco users commonly experience oral mucosal irritation, halitosis (bad breath), and staining of the teeth and soft tissues. The detrimental effects of tobacco on oral health extend to impairing wound healing and diminishing the efficacy of dental treatments.

Preventing tobacco-related oral diseases necessitates comprehensive tobacco control measures, including smoking cessation programs, public education campaigns, and policy interventions to reduce tobacco availability and use. By raising awareness of the harmful effects of tobacco on oral health and promoting cessation efforts, it is possible to mitigate the burden of tobacco-related oral diseases and improve overall oral health outcomes.

CONCLUSION

In conclusion, tobacco use poses a significant threat to oral health, contributing to a myriad of detrimental conditions that range from precancerous lesions to potentially life-threatening oral cancer. The evidence linking tobacco consumption to oral diseases is unequivocal, with smoking and smokeless tobacco products being major risk factors for oral cancer, periodontal disease, leukoplakia, and mucosal irritation. These conditions not only cause pain, discomfort, and disfigurement but also pose considerable challenges in terms of diagnosis, treatment, and long-term management. Addressing tobacco-related oral diseases requires a multifaceted approach that encompasses both prevention and cessation strategies. Public health initiatives aimed at raising awareness of the dangers of tobacco use, implementing tobacco control policies, and providing access to smoking cessation programs are essential in curbing the prevalence of tobacco-related oral diseases.

Received:	01-April-2024	Manuscript No:	IPOM-24-20235
Editor assigned:	03-April-2024	PreQC No:	IPOM-24-20235 (PQ)
Reviewed:	17-April-2024	QC No:	IPOM-24-20235
Revised:	22-April-2024	Manuscript No:	IPOM-24-20235 (R)
Published:	29-April-2024	DOI:	10.36648/ipom.8.2.14

Corresponding author Sonja Akesson, Department of Oral and Maxillofacial-head, Shanghai Jiao Tong University, China, E-mail: sonja_akesson@gmail.com

Citation Akesson S (2024) Tobacco's Toll on Oral Health: Understanding and Preventing Tobacco-related Oral Diseases. J Ora Med. 8:14.

Copyright © 2024 Akesson S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.