

Ashley Torres

DEN 1100 D011

Prof. Domino

12/6/22

Smoking is a serious issue in the United States. Many people smoke for different reasons whether it is to relieve stress, reduce anxiety or escape their problems. What people fail to realize is that smoking long-term could lead to some serious health risks. According to the article “Tabacco cessation counseling” smoking is the most common preventable death in the United States. People who consume tobacco are one step closer to death every year. The article also states that there are more than 480,000 cases of deaths per year. This is why the job of healthcare professionals is so crucial because they can play a role in helping people quit and preventing deaths. Today, most people are accustomed to smoking E cigarettes because it is a new technology that makes smoking easier. This is the main issue that health professionals should be looking into.

Ecigarettes is the new form of the tobacco that people today smoke. Some of the ingredients found in E cigarettes are different from tobacco because people are not necessarily burning the chemicals like a cigarette would. According to the article “impact of electronic cigarettes on oral health” these ingredients are know as PG and VH which are known as humetatants .The PG chemical creates the feeling of smoking and VG is what producing the the vapor clouds as the person exhales the smoke. These E cigarettes is a method of smoking that people smoke todays because of how convenient it is to use. For instance, a common electronic cigarette that people use to today is the JUUL. According to the article the JUUL consist of the tow components in one pod in the shape of a flash drive. The Pods is what contains the nicotine

and what people can do is just inhale the device whenever they want to smoke. Most people find this device convenient because they can take the JUUL anywhere and they do not have to take the time to get a lighter and smoke. With the JUUL device all people need to do is just inhale the substance and the vapor smoke just disperses into the air. The device also does not have a lingering smell like cigarettes so people like how they do not have to worry about smelling like nicotine. What also makes E-cigarettes attractive is that the pods in the device come in flavors. The “impact of electronic cigarettes on oral health” states that the flavors are the main attraction of E-cigarettes.

E-cigarettes may be a modern way that most smoke but it could also lead to many health risks just like smoking cigarettes that contain tobacco. According to the article “should we recommend E-cigarettes to help smokers quit?” states that there is evidence supporting the relations between E-cigarettes and heart disease. This is because although e-cigarettes contain less chemicals like nicotine, it does not change the fact that it still has these dangerous chemicals that affect the body. E-cigarettes not only affect general health but it could affect oral health as well. In the article “the impact of electronic cigarettes on oral health” states it could lead to different oral diseases. The first disease the article talks about is how smoking e-cigarettes could lead to periodontal disease. In a study conducted in the article compared to non-smokers, people who smoked E-cigarettes had a probing depth of 4 millimeters and higher. The smokers were also more susceptible to more gingival pain and inflammation. The article also states that E-cigarette smokers are susceptible to dental caries as well. PG and VG give e-cigarette liquids their high viscosity. As a result, aerosols from these liquids are likely to adhere to exposed surfaces, such as the soft and hard tissues in the oral cavity. This shows that the liquid chemicals PG and VG come into contact with exposed surfaces and this could lead to smokers developing dental caries.

as well. Also the liquids in the electronic cigarettes contain sugars and if a person smokes everyday this could be the same thing as consuming large amounts of sugars evrdays leading to dental caries.

Unfortunately, the expansion of E cigarettes has drawn attraction to the younger generation. According to the article “should we recommend e cigarettes to help smokers quit?”, a study was conducted between children the ages of 11 and 18 In this study it was dsocered that children are 12 times more likely to try E cigarettes and 52 percent of children in this study actually became smokers. This shows how E cigeerets is a big issue because not only is it affecting adults but it is affecting children. This wll lead to more populations of people developing more diseases. The younger generationis drawn to e cigarettes because it is anew way of smoking that anyone could do. There is also attractive flavors that draw the younger generation attention as well.

This where health care proessinals could help the younger and older generation by giving them aid in quitting. However with the young generation it could be hard to try and get themquit because they are at the age where it could be consdsisered a good to smoke if everyone is doing it. The young generation does not think about the health risks that come with smoking and how it could affect them in the future. However it is not impossible to try and save someone’s life even if it is the younger generation. One way to connect with the young generation could be social media. In the article “ Social Media Message Design to Educate Adolescents about E cigarettes” there was a clinical study conducted on 928 adolsoents. This was including smokers and nonsmokers and in the experiment they would see how the adolescents would respond to 6 message that inform them about E cigarettes on social media. The goal of this experiment was to see how aodlscents would react to message and see of they were educated about the harms of E

cigarettes. The results of this experiment has some positive results with where 79 percent of the adolescents tested wanted to share the messages with others. Another 49 percent of the adolescents wanted to share the message displayed in person as well.

Therefore, in the future if I had a patient who was an adolescent and said they decided they started smoking 2 months ago I would want to use social media as a way to educate them about the health risks of smoking cigarettes. Today the young generation will not just sit down and listen to an adult say "smoking is bad and you shouldn't do it". There is a better approach by educating them and not putting force when it comes to cessation from tobacco. I would also inform them of ways to keep up with their oral hygiene so they aren't at risk for periodontal disease. On the contrary, for an older patient who is in their 30s for many years, I would first have a brief interview with the patient. I would see how much tobacco they are smoking and how often and see their desire to quit. I would explain the importance of quitting and offer the patient options even if they have no desire to quit. One of the options I would provide is quitline which is a toll free telephone center to assist smokers with cessation. According to the article "Tobacco cessation counseling" quitlines are considered a great way to promote tobacco cessation. Therefore as a dental professional, I would provide all my patients with options to quit because it could save their life.

In conclusion, I think this assignment taught me how important it is as a dental care professional to motivate patients in the cessation of tobacco. This is because tobacco is a preventable death and as a health care professional it is my responsibility to ensure all patients are at least attempting to remain healthy. I think this assignment helped me realize there are a lot of health risks associated with smoking like heart disease and lung disease. I also learned smoking greatly impacts oral healthcare and it leads to things like periodontal disease and dental caries.

Unfortunately the younger generation could be at risk for these diseases as well because the expansion of e cigarettes has an huge attraction. Therefore in the future I think will be more comfortable talking to my patients about tabacco cesation because Ilearned ways on how to connect with my patients and inform them on differents ways to quit instead of just saying “smoking is bad, do not do it “. For instance, there are hotlines that people specially help people with cessation and for the younger generation social media could play a huge factor in educating them about the risks. Overall, I think as a future health care professional I think doing my role and offering my patients the resouces they need to quit, many future lives could be saved.

References