Negative Effect of Cigarette Smoking

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There are many different types of tobacco products that people can smoke, chew, or sniff. Cigarettes, electronic cigarettes, waterpipes, cigars, smokeless tobacco, and dissolvable products are all different types of tobacco products. Cigarette smoking is one of the major challenges that impact the health of many people worldwide. Further, tobacco is also considered one of the biggest threats to public health that the world is currently facing. Substantially, this is because it is killing more than 8 million people annually and about 1.2 million deaths from exposure as second-hand smokers (World health Organization [WHO], 2022.) As clinicians, we must motivate our patients who smoke to quit for a healthier lifestyle.

The main reason for choosing this type of tobacco product is because it is the world's most common form of tobacco use (Bailey et al., 2016). Most cigarette smokers with the heaviest health burden come from low and middle-income countries. A cigarette is a narrow cylinder containing combustible materials, mainly tobacco. Further, it is primarily rolled into thin paper for smoking when ignited at one end, that in turn causes it to smoke when orally inhaled through the opposite end. There are over 7,000 chemicals in tobacco products, including 70 that have been identified as carcinogens (Gehrig & Southard, 2018). A carcinogen is defined as a substance that can cause cancer. The chemical nicotine is also in cigarettes; however, it is not considered a carcinogen. Nicotine is the chemical in cigarette that causes addiction. This ingredient is a colorless, poisonous alkaloid obtained from the tobacco plant (Bailey et al., 2016). The other ingredients include tar, carbon monoxide, arsenic, toluene, acetone, and methylamine. When users inhale all of these different chemicals it becomes extremely toxic to their bodies because it enters the lungs and then goes directly into their bloodstream.

Cigarette smoking negatively affects oral hygiene, leading to infections and dental health problems. Research indicates that cigarette smoking has an extreme risk factor that leads to periodontal diseases. Besides, irregular oral hygiene was associated with decreased periodontal health for non-smokers (Šutej et al., 2021). One of the leading oral hygiene issues experienced is gingivitis among smokers, which typically remains chronic. This remains a chronic issue for a long period of time that tends to damage bone or even ligaments.

There are various negative effects of cigarette smoking that impact one's systemic health in different measures. One of the negative effects of cigarettes is that it causes cardiovascular diseases among users in different ways (Abdelaal & Mousa, 2022). Some primary cardiovascular diseases include heart failure or cardiac arrest, which entails the sudden and unexpected functioning of the heart, breathing, and even consciousness among smokers. Studies also indicate that cardiovascular disease is among the leading cause of death within developed countries. The interventions regarding lower mortality from cardiovascular disease are apprehended by developing essential policies and individual awareness of the hazardousness of smoking cigarettes (Abdelaal & Mousa, 2022).

The other effect of smoking cigarettes is that it causes chronic diseases such as cancer. The risk of smoking impacts the majority of the lungs in a negative way that results in cancer deaths and chronic obstructive pulmonary disease. Most cigarette smokers tend to experience deteriorated cases of lung functions that severe systematic pathologies can cause. Studies indicate that the context of the prevalence of cigarette smoking tends to vary based on demographic regions and gender (Šutej et al., 2021). The most affected areas that lead to cancer include the mouth and throat, the stomach, colon, esophagus, liver, and even the pancreas. Cigarette smoking causes cancer when harmful chemicals enter the lungs, affecting the entire body. Further, these chemicals damage individuals' DNA, including the parts protecting against cancer (Bailey et al., 2016). This becomes harder for cells to repair the damage and cause cancer in cells rapidly.

The need to understand the importance of providing smoking counseling to patients during their dental hygiene visits is significant to improve their well-being. Further, dental professionals are deemed well-positioned to serve as sources of cessation support for smoking patients (Abdelaal & Mousa, 2022). Substantially this is because the mouth is usually the first place to notice these effects of tobacco. Dental professionals also have the mechanisms to assist smokers in quitting by explaining how it impacts oral hygiene. Smoking can lead to infections and the development of other chronic diseases such as cancer of the mouth and throat, bone loss, tooth decay, and even stained teeth in the long run.

As a health care professional, explaining or creating awareness is one of the significant elements that would be the initial aspect to undertake when a teenager who just started smoking visits. There are various ways to discuss with a teen who just started smoking two months ago regarding smoking. One significant way is to provide an overview of the negative impacts of cigarette smoking and discuss the short-term and long-term effects. This is a way to educate teenagers the possible effects of cigarette smoking. There are short-term effects that cause bad breath, coughing, shortness of breath, along with others. There are also long-term effects that entail the development of chronic diseases such as cancer and cardiovascular disease. Dental professionals must support and motivate their patients in taking the right steps towards quitting.

On the other hand, discussing the issue of cigarette smoking with a 30-year-old who has been smoking for 12 years requires a detailed explanation of smoking cessation. One of the best advices for cessation is to explain some of the effective nicotine replacement therapy options, such as nicotine patches, prescription nicotine, or inhaler (Bailey et al., 2016). The other essential recommendation to assist in quitting can be the engagement of physical activities and also participating in some relaxation practices to deal with the stress of desiring to smoke. Dental professionals should express concern for their patient’s overall health. We can encourage patients to attend programs in assisting to them to quit smoking. Every patient is different, therefore every patient will have different preferences that may work for them, so we must determine which option is best.

There are various aspects that I have learned in this assignment regarding cigarette smoking. One of the main issues I have learned is that cigarette smoking is one of the common tobacco products that leads to severe health issues among users worldwide. It is among the biggest threats to public health that the world is currently facing. Substantially, this is because it is killing more than 8 million people annually and about 1.2 million deaths from exposure as second-hand smokers. The other significant lesson I have learned is the understanding of various negative effects of cigarette smoking among users in the long run. The risk of smoking impacts the majority of the lungs in a negative way that causes cancer deaths and chronic obstructive pulmonary disease. Similarly, it also impacts the oral hygiene of individuals in different measures. For instance, dental health is affected and can cause bone loss and even tooth decay for the cigarette users.

On the other hand, I find this assignment more beneficial in different measures. The assignment gave me an understanding of individuals impacted by tobacco use. Substantially, this enlightened me on how it can negatively impact an individual's health. Similarly, it has provided me with necessary ways to deal with individuals who have just begun to use tobacco and those with long-term use. I also feel more comfortable conversing with my future patients about smoking cessation after completing this assignment. The assignment has enabled me to gain relevant insights to express myself toward understanding the impacts of the use of cigarettes.

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