

NYCCT Dental Hygiene  
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DEN1100 D-200  
Greater New York Dental Meeting-Writing Assignment

## Part 1

Being part of this program has been one of the most interesting things that has occurred in my life. Since I started, I have been learning new things every day and this assignment has added to my learning. In the poster section, there were many students with different topics from different institutes. The poster I found the most interesting was **“Is your sweet vape flavor giving you cavities?”** I chose this topic because I was in shock to learn as the students explained how flavor vaping as they called today affects patients’ teeth.

As they explained a vape is a form of electronic cigarette created for recreational purposes or those who want to quit smoking. Moreover, how it was erroneously believed to be healthy than traditional smoking because no smoked created.

It is known that vaping is not healthy for the teeth and the gums because it has the same effects as regular cigarette. E-cigarette typically contain nicotine, flavoring in it, as well as other chemicals that are known to damage health.

Also, they explained how the components of the e-liquid flavor provide a source of food for the Streptococcus Mutans (main bacteria to produce cavities) to grow. Sweet vapes produce viscous aerosol which cover the enamel surface allowing more bacterial cells to adhere and form biofilm/plaque. Some kind of flavors such as cotton candy, apple and sugar pineapple decrease enamel hardness by up to 30%.

Although at first glance it appears to be a harmless product, it must be known that the vapors they produce are not just made up of water vapor. When aspirating, oral tissues are exposed to compounds produced by heating glycerine, nicotine, the aromas contained in the liquid and other compounds that cause the death of numerous cells present in the oral mucosa. E. Mutans in biofilm can metabolized the carbohydrate in the e-liquids, creating a low Ph, leading to demineralization of enamel surface and this softened enamel and become a decayed area of cavities.

Students explain every detail and caught my attention more because they were explaining each part of the topic. The connection of the vape with the oral cavity, and how sweet flavor affect the teeth.

The visual appearance of the students was very professional and seen very confident at the time each presenter was speaking, also very dynamic between the students and the public. During the mini question/answer section, they were very respectful of each person who asks questions about

vaping and also taking some observations from the public and keeping eye contact with each of the audience.

As becoming part of the dental field (Dental Hygiene) we play an important role in our patient life. We have a crucial role in detecting any anomaly, as we are the first clinical point of contact with a patient in the dental office. It's very important for us to provide a thorough intraoral and extraoral examination, check the medical and dental history in detail, know our patient medical condition and explain to them the importance of keeping the cleanliness of teeth. Educate the patient about how harmful sweet vape flavor is and what are the effects of these habits on their teeth by providing evidence of the negative effects of smoking and vaping. Give enough information to the patient on how the dental cavity is formed and how E-cigarettes are related to their development.

Because most irregularity happens in young adult patients, we have to encourage them to come every 6 months for their dental checkup. We can prevent gum disease, by keeping an eye on any irregularity and prevented any anomaly. Patients must be made aware of their dental prognosis of their teeth and oral health if vaping is not discontinued.

## Part 2

### Reference list

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## Part 3

Overall my experience was amazing. There was a lot of information in every section of the dental convention from start to end. In every booth I passed by, especially in the section of the table posters, it was a lot of information, not only related to dental hygiene but also, I had the opportunity to stop by a table poster relate to the dental field about Non-nutritive sucking habit. The way the students explained everything, and each detail of the topic was amazing.

For me was a great experience to learn new things, and also being able to see and know products I never knew of. Thus, the new products in the market available now. It's inspired me to continue in the dental hygiene field, also I think that in the future I will become a dentist. Life is too short and there is a lot to learn.