

Tobacco Cessation and Electronic Cigarettes Term Paper

Railyn Calderon

NYCCT

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Professor Dimino

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The use of Tobacco consumption has grown significantly over the centuries and evolved in many different sorts of industries. Once you've reached the age of 21, anyone can purchase a cigarette, stroll down the street with it, and smoke or chew Tobacco. The product inside Tobacco nicotine has been very addicting since some say it helps them focus or increase their attention. Nicotine is very addictive, and people worldwide suffer from this addiction daily. As it enters the body, nicotine causes the brain's receptors to become active. The addictive impact of nicotine on the brain increases with Tobacco usage because it has a very high delivery speed. Through marketing and media misdirections, the Tobacco industry profits countless billions as thousands develop cigarette addiction. Now, as time is evolving, physical cigarettes are being replaced with electronic cigarettes, which are more accessible and famous. Teenagers all over the world wake up to electronic smoking cigarettes. Beginning this bad habit at a young age affects a person in all aspects. There are millions of deaths due to Tobacco and billions of people who suffer from some oral cavity disease due to it too. People with moderate to severe nicotine or Tobacco addiction will find it difficult to stop using, with or without guidance, even with the best intentions.

Between teenagers and some adults, electronic cigarettes have advanced significantly. Some call it "Vaping," Since electronic cigarettes haven't been thoroughly researched, there is still a ton of study to be done on their long-term impacts. The studies so far all resulted in negative consequences. Many people, including some members of my family, smoke e-cigarettes. When discussing the harmful effects of Tobacco and nicotine addiction, particularly among young adults, one has a habit of it, making it a fascinating issue to bring up. The use of electronic cigarettes is equivalent to that of traditional cigarettes. According to a scholarly

article, "Tobacco can be smoked, chewed or sniffed (as snuff)(Holliday, R 2021).On the other hand, electronic cigarettes can only be smoked/inhaled through a battery or heating object inside. By heating a liquid that often includes nicotine—the addictive substance found in traditional cigarettes, pipes, other chewing Tobacco, and other compounds that contribute to the aerosol's creation, e-cigarettes create an aerosol. This aerosol is breathed in by consumers. The aerosol would be the same as the one in cigarettes, but the difference is that in e-cigarettes, everything is in this fluid-like substance. The aerosol would then enter the person's lungs. Based on the American Dental Association article, "High power led a viscous component of the e-cigarette liquid to aerosolized, causing the inhaled aerosol to become more viscous, and it also made nicotine more prone to oxidation, resulting in the color of the aerosol turning yellow" (Versaci, M. B 2022). A certain heat level change in electronic cigarettes may be managed according to how it is inhaled. The oil-like fluid in electronic cigarettes is inhaled when it reaches a specific temperature and becomes yellow. The color change is intended to show a chemical reaction which is not a good sign, and consumers consider it "normal." Some e-cigarettes are designed to resemble standard cigarettes, and occasionally USB sticks and other ordinary objects.

Another point worth mentioning is the ingredients inside electronic cigarettes. Electronic cigarettes contain metals such as aluminum, arsenic, cadmium, chromium, copper, iron, magnesium, nickel, lead, and zinc may all be found in the e-cigarette. Plus, they include tastes made by the substance diacetyl. Based on the Scholarly article, "E-cigarettes generally contain three main categories of ingredients: a carrier solution (propylene glycol and vegetable glycerin), nicotine, and flavorings" (Holliday, R.2021). Each ingredient in cigarettes has some negative effect on cells in the human body, including brain cells. Nicotine is what makes the product addictive. It Increases blood pressure in the brain and heart. Even after smoking a bit or a few

cigarettes, nicotine addiction can develop extremely fast. Even the aerosol in either Tobacco or electronic cigarettes is terrible for anyone around that person who is smoking because they are getting second hand inhalation. "Toxicology studies have identified many components in e-cigarette aerosol (sometimes called vapor) that are hazardous to health, including nanoparticles, volatile organic compounds, carbonyls, heavy metals, and nicotine" (Holliday, R.2021). In the aerosol of electronic cigarettes, the compounds are still active, causing anyone around also to inhale those chemicals.

All aspects of smoking have some adverse effects on oral health. When inhaling electronic cigarettes, the heat and burn of the oil causes heat on the pen, sometimes to an excessive amount, causing oral burns around the lips and inside the oral cavity. "Health risks include the possibility of oral burns, as the authors found that hot aerosols can heat the e-cigarette mouthpiece to temperatures that can cause burns to the oral epidermis "(Versaci, M. B 2022). On top of that, electronic cigarettes and Tobacco also cause oral cancers and periodontal disease. "Tobacco and electronic cigarette smoking is a major risk factor for oral diseases such as oral cancer and periodontitis(Holliday, R. 2021). Making the mouth more prone to bacteria and diseases can later affect tooth loss. A big part of the first signs of oral diseases that will occur is discoloration and recession in teeth. The chemicals in electronic cigarettes cause discoloration in your teeth." Another is tooth discoloration potentially caused by the inhaled aerosol becoming more yellow. As the vaping temperature increases, the proportion of glycerin in the aerosol increases, making the aerosol more vicious and likely to remain on the teeth for a long time," Dr. Kim said(Versaci, M. B 2022). The chemical inside the electronic cigarette, nicotine, also causes significant effects on the body. Nicotine being smoked is taken into circulation via the lungs and immediately travels to the heart and brain. The brain responds to nicotine by producing

substances that affect a person's body. Lastly, constant smoking causes shortness of breath, heart attacks, and smokers cough, dry mouth, and throat, called xerostomia, which damages the salivary glands in the body.

Nowadays, every dental hygienist or doctor should provide smoking counseling because they are considered health practitioners and should be aware and caring about that person's life."Health practitioners, including oral health practitioners, have the most significant potential of any group in society to promote the reduction of Tobacco use(science direct 2021). Healthcare practitioners in several settings are essential in assisting patients in quitting smoking. Even brief guidance from them can increase the likelihood that their patients will attempt to stop—and eventually succeed. If a patient has been smoking for 60 years, they are losing teeth and have many health conditions. It can be harder to get them off smoking and using, for example, electronic cigarettes. Still, it's good for dental hygienists to advise and not be judgemental to help people change their lives. Sometimes all they need is someone to support them or a way to start. According to the Cochrane Library, "Dental professionals could motivate people to stop using Tobacco by telling them about the health risks of continuing and the health benefits of quitting"(Holliday, R. 2021). Eventually, patients occasionally require a professional to assist them or lead them to better choices. Given that you generally speak to them in a private, empty, and understanding setting, if a patient hears the health impacts, it can make them more willing to stop.

Regarding teenagers who just started smoking two months ago, getting them out of smoking might be more accessible. Teenagers tend to be in the process of growing and learning. If they hear advice from a professional, they either tend to be scared and quit, or they start, so it becomes easier for them to stop. Teenagers feel like the world might be falling on them because

they are growing up, and they seek Tobacco or electronic cigarettes for a "Calming" effect. Yet, they don't know the risk factors or don't have the support. A dental hygienist can be their support system. Start by recommending the teenager to some group recovery locations and telling them to start by throwing the nicotine pen away or writing down a day they plan on quitting. Peer pressure from friends might be a reason this teen is smoking. They should be more cautious about who they hang around. Try to build a relationship with that teenager because sometimes you might be all they have for support. If the parent knows they smoke, talk to the parent and encourage them to support their child in quitting, and don't discourage them if they slip just a little because all of that is part of the process. Dentists and dental hygienists can act as mentors, teachers, researchers, and partners in quitting. The main objective is to improve your patients' quality of life.

Another factor to consider is that if a person is 30 years old and has been smoking for 12 years, it's 100% more challenging. Why? Because they are already so far in being addicted. There are programs to help that particular person quit, and it can be beneficial for them to consider it even more. Sometimes a person might try something out and think this is not going to work. They end up quitting because they decided to make some effort to improve their lives due to the program. Based on the scholarly article, "On average, 74 out of 1000 people stopped compared with 27 out of 1000 people who did not receive behavioral support" (Holliday, R. 2021). Even if a health practitioner advises the patient to stop, it can help at least one person, and that's better than zero. Another consideration is alternatives. They can use nicotine patches or gum to support this 30-year-old patient with withdrawals. This person smoking for 12 years can slow down the number of cigarettes or electronic cigarettes they smoke. If they smoke daily and every hour, they do it less every day. Starting small and quitting is challenging for some and

those who want to better their life. Tobacco cessation talk with a health professional always works for improvement. Finally, if the patient has tooth decay and a particular gum recession from smoking, it's good to point it out to them to quit. They might take the process of quitting more seriously.

Considering everything, a health practitioner like a dental hygienist should always urge patients who smoke Tobacco or electronic cigarettes to stop, even if they have heard this advice several times. Patients of all ages are inspired to quit and lead healthier lifestyles with many alternatives.

Reflection

This assignment taught me that it could be challenging later in my career to help people quit as they are deeper into addiction. You aren't living that person's life or living with them. They have to choose if they want to stop or not. There is only so much you can do as a dental hygienist to help them quit, which honestly breaks my heart the number of people and deaths that occur due to smoking. Once I become a dental hygienist, I know I will be one of the best because I care about my patients, and I will mention as much as needed the fact that they should at least consider quitting. Obviously, not to the point of harassing someone. The fact that specific metals were present in Tobacco and electronic cigarettes astonished me because I had no idea they included them before this project. I gasped when I saw some chemicals, like lead, because all I knew was the flavor and the nicotine.

As a result of this assignment, I now plan to help patients stop smoking in the future. I may apply the knowledge I've gained from this project to the field and assist people who need help quitting. Additionally, it gave me ideas for a fresh approach to patient care rather than just talking to them and hoping they'll remember what I said later and for them to consider it. There

are many options, and if some dental professionals took the time to look for alternatives to help those patients, they could help them get out of that state of using Tobacco. Although, it takes time, and some patients may be interested in something other than what you say. All you can do is try. After all, it's not your life, you have no authority over them, and I'll never forget that I can't always be correct. I must genuinely comprehend those patients by listening to them.

Generally speaking, I always have something to talk about and am comfortable interacting with patients. I can at least influence a few individuals in my profession, so they can either stop smoking or chewing Tobacco or even electronic cigarettes. I want to positively impact the patients in my career and serve as a role model for them. I will do my best to offer support, be there for my patients when they need it, and be aware of the limitations since I am there to help, not to judge. If patients can't do a group session for help, they can do counseling. There is always something there for them. It's just being knowledgeable about what's out there. This assignment opened my eyes to many more options.

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