

Role of Dental Hygienist

- ❖ As a dental hygienist, it is our responsibility to first recognize pre-cancerous lesions. This begins with our administration oral cancer screening
- ❖ Patient awareness and education are the best way to educate patients about risky oral habits.
- ❖ Removing extrinsic stains is a positive way to encourage cessation of betel quid chewing.
- ❖ Referring the patient to a specialist for further evaluation of any suspicious lesions could help them get early treatment and increase higher survival rates.



Reference

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The Effects of Chewing Betel Quid on the Oral Mucosa



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BETAL QUID CHEWING

What is the Betel Quid ??

Betel quid is a combination of betel leaf, areca nut and slaked lime, and may contain tobacco. Other substances included spices, such as: cardamom, saffron, cloves, aniseed, turmeric, mustard or sweeteners.



<http://www.getthehealthyclarkcounty.org/live-tobacco-free/other-betel-quid.php>

Betel quid chewing is a very popular behavior in most of the Asian population. It is equivalent to a breath freshener post meals and is sometimes done in combination with smoking. Most of the time, Taiwanese, Chinese from Hainan, Indian and Bengali people have been the most observed in partaking in this oral habit. Within this population, it is usually men of lower economic status with less education in comparison to the general population. who participate in this.

Betel Quid Pros VS Cons

- **PROS:** Chewing betel quid has been shown to have anti cariogenic effects. Also, betel leaf has anti-oxidant benefits because it is an anti-inflammatory.
- **CONS:** There are many detrimental effects of chewing betel quid. Some of them include betel quid chewing stains, destruction of teeth and most dangerous of all, oral cancer. People involved in this risky oral habit have been observed to have shorter life

spans and increased risk of many other cancers. Field Cancerizations have occurred in people who keep the quid between the cheek and back molars in their mouth. A change in the oral mucosal tissue has been observed as becoming thicker and more keratinized over time. This makes a person more prone to oral cancer. In addition, pregnant females have had higher chances of early term pregnancy and lower birth rate babies. Besides, people who chew betel quid normally have very dark orange intrinsic stains that are difficult to remove and can lead to lower self esteem.

