

SMOKING, SMOKELESS TOBACCO AND ORAL HEALTH



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مؤسسة الرعاية الصحية الأولية
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It is common that teenage school children at elementary and secondary grades usually like to try new things. Their belief that smoking and sweeka are signs of manhood, prompts them to blindly take up this habit without being aware of the dangers. They start these habits discreetly without parents' knowing until they become addicted to them. When the parents find out, it becomes like a shock to them because they are aware of the bad consequences of sweeka and smoking such as sudden lung infections or when their lungs are stuffed with other drugs that cause addiction and which will require assistance and cure.



While cigarettes are easily available in different shops and teenagers can easily try smoking, particularly if they see that their friends or any of their parents smoke, sweeka is banned and is usually used discreetly. Its harms can even cause mouth cancer

TOBACCO CAN BE SMOKING TOBACCO

Manufactured cigarette is fine tobacco leaves that contain more than 500 different compounds vary according to the type of cigarettes. Such as tar, and carbon monoxide. Some of the most dangerous substances contains are nicotine, tar and carbon monoxide which have undoubtedly been proven to be addictive similar to morphin, heroin and cocaine and are as dangerous and harmful as other drugs and alcohol.

ROLLED CIGARTTES: Indian Cigarette known as Beedi which is more dangerous and cheaper in price than the filtered cigarettes because it has no filter and is commonly used by Asians.

SHEESHA (NARGILA, HOOKAH) is as poisonous as the manufactured cigarette. Smokers are usually exposed to it for continuously 45 minutes. Some of its dangers are that it can spread diseases like tuberculosis and hepatitis because it is often shared by more than one person.

CIGAR AND TOBACCO PIPE: both are more dangerous than the normal cigarettes because the tobacco in the pipe is usually placed intensely on certain areas which increases the risks of ulcers and cancer.

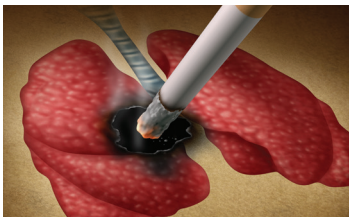
SMOKELESS TOBACCO

Smokeless tobacco has many names/synonyms such as Haqqa, Shamma, Bardaqan, Qurha, Tombac, Saffa, Qotka and Khat. They are tobacco leaves that are finely cut such as Khat or which come already finely cut and mixed with other material. The tobacco is usually placed either in the side of the mouth, or behind the lower or upper lip. Some other materials are usually mixed with tobacco leaves such as nicotine, sodium bicarbon, ashes and sand. Users chew the mixture and leave it in the mouth for sometime then they either spit it out or swallow it.

Putting tobacco on certain areas such as under the tongue makes it more dangerous and its harm can reach the esophagus, colon, bancarias and bladder because the user usually swallows the juice that is formed by chewing.

DANGERS OF SMOKING AND SWEKA

- Smoking and sweeka can cause lung cancer, chest allergy, sinus congestion, weak immunity, pneumonia and bronchitis, strokes, heart attacks, arteriosclerosis and taste disorder.



- Smoking and sweeka can also cause gum infection, sores on the roof of the mouth and mouth cancer.
- Plaque can easily form on the teeth and thus causing gum infection and teeth decay.

- Brown and black discoloration of the teeth
- Smoking decreases rates of successful teeth implants.

