

Shine Bright

Oral Health for Minority Ethnic (ME) Communities



NEWSLETTER
1ST OCTOBER 2020

Hello Members,

Hope everyone is well and safe. We continue to battle with Covid 19 Pandemic. Infection rates continue to rise in Scotland and the First Minister Nicola Sturgeon has introduced a new set of rules to help control the situation and keep people safe. Household visits have been put on hold and all restaurants and pubs have been given a 10pm curfew time.

Schools are continuing as normal and with the stricter measures put in place the government is hoping the country will not need to be put in further lockdown. These are difficult times for everyone and together we are hoping we can fight this pandemic by abiding the rules and not travelling and socialising unnecessarily.

In these difficult times it is even more important to look after ourselves and be aware of both our physical and mental health.

In this newsletter we will discuss the impacts of smoking on Oral Health. Most people are now aware that smoking is bad for their health. It can cause many different medical problems and, in some cases, fatal diseases. However, many people don't realise the damage that smoking does to their mouth, gums and teeth.

Smoking raises your blood pressure and puts stress on your heart. Over time, stress on the heart can weaken it, making it less able to pump blood to other parts of your body. Your lungs can be very badly affected by smoking. Coughs, colds, wheezing and asthma are just the start. It also causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

Covid 19 virus attacks the lungs and causes breathing problems. Smokers are a higher risk of contracting the virus. Smokers lungs are already affected by the tobacco and nicotine use and Covid 19 virus will add further strain which can be very fatal.

Smoking also has an adverse effect on your oral health.



Tooth Discoloration



One of the effects of smoking is staining on the teeth due to the nicotine and tar in the tobacco. It can make your teeth yellow in a very short time, and heavy smokers often complain that their teeth are almost brown after years of smoking.

Periodontal Gum Disease and Tooth Loss



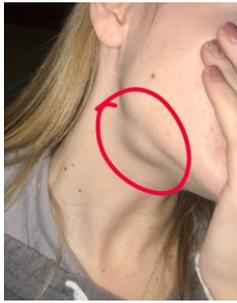
People who smoke are more likely to produce bacterial plaque, which leads to gum disease. The gums are affected because smoking causes a lack of oxygen in the bloodstream, so the infected gums don't heal and this can cause your teeth to fall out.

Bad Breath



Bad breath, medically called halitosis, can result from poor dental health habits. Smoking tobacco related products can lead to poor breath.

Inflamed Salivary Gland



Tobacco smoke has been linked to diminished salivary output and may predispose the salivary glands and ducts to inflammation.

Leukoplakia



Leukoplakia is a condition in which one or more white patches or spots (lesions) forms inside the mouth. It is caused by chewing tobacco, heavy smoking. These white spots are sometimes benign, however there is a high risk these are malignant and main cause of oral cancer.

Oral Cancer



Smoking may lead to cancer in the mouth or throat, and oral tobacco products are associated with cancer in the cheeks, gums, and inner surface of the lips.

Smoking is very injurious to health and there are many ways you can stop smoking. Health professionals are aware that individuals can face many challenges and withdrawal syndromes when trying to quit smoking. However, it is not impossible and the NHS offers many free services to help quit smoking.

Local stop smoking services are free, friendly and can massively boost your chances of quitting for good.

These services provide a range of proven methods to help you quit. They'll give you accurate information and advice, as well as professional support. They also make it easy and affordable for you to get stop smoking treatments, such as:

- Varenicline (Champix)

- Bupropion (Zyban)
- nicotine replacement therapy, such as patches and gum

You'll normally be offered a one-to-one appointment with an adviser, but many areas also offer group and drop-in services as well.

Depending on where you live, the venue could be a local GP surgery, pharmacy, high-street shop, or even a mobile bus clinic.

We hope this article has helped people understand the negative impact smoking has on health and will help encourage smokers to quit.

Call the free Smoke line on 0800 84 84 84

Till next time stay well, healthy and safe!!