TOBACCO MENACE: MEANS TO SURCEASE

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The world is still coming to terms with the current COVID-19 pandemic. But what has taken a backseat in the current scenario is another pandemic that has been present since ages and initiates in the oral cavity of millions of us and culminates to catastrophic health hazard for those affected including the close accomplices.

Tobacco is an innocuous substance that has massively deleterious effects than any other comparable substance and has proven to be a silent killer. Tobacco is the leading cause of death all over the world. It causes more than 8 million deaths annually.

It is used in various forms mainly smoking and chewing. In Indian subcontinent chewing tobacco is one of the commonest practices. Vaping, on the other hand, is a form of tobacco-less and smoke-less cigarette which is practiced in the western countries.

Various measures have been taken by W.H.O. and government to reduce the intake of tobacco. FDA approved drugs are effective like Nicotine Replacement Therapy along with behavioral therapy. There has been an ongoing research on vaccine against nicotine.

This paper is an attempt to highlight various means and modes for tobacco cessation.