

Perspective

Health Risk Factor for Addiction of Smokeless Tobacco Among Teens

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Introduction

Smokeless tobacco is best referred to as spit tobacco, manduction tobacco, chew, and dip. Users place tobacco leaves into their mouth and suck on them rather than smoking them in cigarettes.

Smokeless tobacco comes as either snuff or manduction tobacco

Snuff is finer-grain tobacco that generally comes in pouches that appear as if teabags.

Chewing tobacco is larger-grain tobacco leaves that are unit twisted or cut and are available loose in paper packets or tiny cans.

Smokeless tobacco users place snuff or manduction tobacco between their inner cheek and gums on the lower part of their jaw and suck on the tobacco juices. Users spit actually because the spit builds up whereas tobacco is in their mouths. This suction and manduction permits vasoconstrictive to induce into the blood through the gums, while not the necessity to swallow the tobacco juices

Factors that may influence tobacco use are:

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- Use of tobacco product by friends or relations
- Lack of parental support or involvement
- Accessibility, availability, and worth of tobacco product
- Low levels of educational accomplishment
- Low vanity
- Exposure to tobacco advertising (including in movies, TV, or video games) [1].

Diagnostic Focus and Assessment

Cancer: Cancer of the mouth (including the lip, tongue, and cheek) and throat. Cancers sometimes occur at the spot within the mouth wherever the tobacco is control. The surgery for cancer of the mouth may lead to removal of elements of your face, tongue, cheek, or lip. Overall, those who dip or chew travel an equivalent quantity of vasoconstrictive as regular smokers. {they area unit{they're} conjointly exposed to over twenty five chemicals that are famed to cause cancer. the foremost harmful cancer-causing substances in smokeless tobacco area unit tobacco-specific nitrosamines (TSNAs). TSNA levels vary by product, however the upper the amount the larger the cancer risk.

Leukoplakia: Once you hold tobacco in one place in your mouth, your mouth becomes irritated by the spittle. This causes a white, leathery-like patch to create, and this can be known as leukoplakia. These patches will be totally different in size, shape, and look. they're conjointly thought of precancerous: If you discover one in your mouth, see your doctor like a shot.

Cardiovascular disease:

The constant flow of vasoconstrictive into your body causes several facet effects together with inflated pulse rate, inflated pressure, and generally irregular heart beats. vasoconstrictive within the body conjointly causes constricted blood vessels that may bog down latency and cause dizziness—not an honest move if you play sports.

Gum and Tooth Malady:

Smokeless tobacco for good discolors teeth. manduction tobacco causes halitus (BAD BREATH). Its direct and perennial contact with the gums cause them to recede, which may cause your teeth to become loose. smokeless tobacco contains tons of sugar that, once mixed with the plaque on your teeth, forms acid that chuck away at enamel and causes cavities and chronic painful sores.

Social Effects: Having very dangerous breath, discoloured teeth, and muck stuck in your teeth and constant spit will have a awfully negative impact on your social life [2].

References

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