

WORLD NO TOBACCO 2021 CELEBRATED BY FACULTY OF DENTISTRY, JMI

Tobacco kills 8 million people every year and another 1 million die from second –hand smoke. It has severe impact on social and economic life of its consumers and their family. According to the World Health Organization (WHO), some 780 million people say they want to quit tobacco, but only 30% of them have access to the tools needed to overcome this addiction. The COVID-19 pandemic has led to millions of tobacco users saying they want to quit because research has shown that smokers were more likely to develop severe disease with COVID-19 compared to non- smokers. “WORLD NO TOBACCO DAY” is celebrated on 31 st of May every year. The aim of celebrating this day is to reinforce the efforts of healthcare workers, NGOs and other health organizations on motivating tobacco users to quit tobacco. WHO has come up with a new theme for this day - “COMMIT TO QUIT”. It focuses on empowering and supporting tobacco users on their journey to quit.

To celebrate this year’s World No Tobacco Day, Department of Public Health Dentistry, Faculty of Dentistry, Jamia Millia Islamia organized a National Webinar titled “Commit to Quit: Challenges for Tobacco Cessation and Roadmap for Research”.The resource person was Dr. Manu Raj Mathur, Faculty at University of Liverpool, U.K.

The Honorable Vice-Chancellor, Prof. Najma Akhtar was the chief patron of the event. She congratulated the Faculty of Dentistry for organizing such an informative webinar on the occasion of World No Tobacco Day.

Chief Guest of the event was Prof. (Dr.) Vamsi Krishna Reddy, General Secretary of Indian Association of Public Health Dentistry and Dean of Anil Neerukonda Institute of Dental Sciences, Andhra Pradesh. Professor Reddy along with the Prof. (Dr.) Sanjay Singh, Dean, Faculty of Dentistry inaugurated the event and welcomed the Guest Speaker.

Dr. Mathur in his lecture highlighted the need, measures and challenges which are needed to be taken by India to combat the Tobacco usage in our country. He stressed on the urgent need to educate women and youngsters on the harm of tobacco. He also discussed about the challenges and opportunities that lies ahead for future research in Tobacco Control.

There was a question-answer session involving the queries from the inquisitive audience conducted by Dr Aditi Verma, Assistant Professor, Department of Public Health Dentistry and host of the event. The pledge ceremony and vote of thanks was given by Prof (Dr) Abhishek Mehta, department-Incharge, Department of Public Health Dentistry and organizing secretary of the event.

After the lecture, there was a pledge ceremony where all the dignitaries and participants pledged never to consume tobacco in any form and motivate the tobacco users to quit it. The lecture witnessed an overwhelming participation of more than 150 participants from India, Nepal and UK.

The Department of public health dentistry, faculty of dentistry, JMI is on forefront of helping the community to fight the menace of tobacco. They help the patients visiting the dental college in quitting tobacco through a dedicated Tobacco Cessation Centre. More than 800 patients have benefitted from this centre till date. A dedicated dental surgeon is running this centre. It is equipped with health education materials, smart TV, Carbon Monoxide monitor etc. The department provides training to dental students and interns to conduct proper tobacco cessation interventions. They also regularly conduct community awareness programs to make people aware of ill effects of tobacco.

The top section of the Zoom interface shows a grid of five participant thumbnails: Manu Mathur, Dr. Abhishek..., Dr. Aditi verma, Bushra Ahme..., and Manu Raj Ma... A large video feed in the center shows Prof. Sanjay Singh (Dean, F/o Dentistry) speaking. The bottom control bar includes icons for Unmute, Start Video, Participants (116), Q&A, Polls, Chat, Share Screen, Pause/Stop Recording, and an End button.

The bottom section of the Zoom interface shows a grid of five participant thumbnails: Manu Mathur, Dr. Abhishek..., Prof. Sanjay..., Dr. Aditi verma, and Bushra Ahme... A large video feed in the center shows Dr. Vamsi K. Reddy, Secretary IAPHD, speaking. Behind him is a logo for ANIL NEERUKO ANIL NEERUKO DENTAL S... The bottom control bar includes icons for Unmute, Start Video, Participants (115), Q&A, Polls, Chat, Share Screen, Pause/Stop Recording, and an End button.



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0:14:58 10:55 Next slide

Health effects of Smokeless Tobacco

- Smokeless tobacco contains 3095 chemicals; 36 are carcinogenic.
- Oesophageal cancer risk 2.2-7.1 times higher among users.
- Mortality due to ischaemic heart disease 1.25 times higher in chewers.
- Higher risk of and oro-pharyngeal, laryngeal, lung cancer, oral sub mucous fibrosis, hypertension and asthma (Gupta and Ray, 2003; Znaor et al., 2003; Angadi & Rekha, 2010; Hazarika et al., 2002; Nelson, 1999)
- Preterm birth and low birth weight risk increased by two to three times among chewers.
- Three fold increase in still- births (Deshmukh et al, 1998) (Verma et al., 1983)
- Also has adverse effects on blood lipid profile, sperm count.
- Use of Areca nut often chewed with tobacco increases the risk of diabetes mellitus (Gupta and Ray, 2003).

17

The Composition

- Many smokeless tobacco products contain cancer-causing chemicals
- Substituted carcinogens are found in SGT (Smokeless Tobacco), are found to be the highest among tobacco products
- Other chemicals found in tobacco can also cause cancer. These include
 - Acridine (found in cigarette tar)
 - Chemicals are formed when tobacco is cured with heat (polynuclear aromatic hydrocarbons— also known as polycyclic aromatic hydrocarbons)
 - Heavy metals (arsenic, barbituric acid, cadmium, chromium, nickel, lead, nickel, mercury)
 - The higher the levels of these chemicals, the greater the risk for cancer

Source: International Agency for Research on Cancer. Smokeless tobacco and some related products. In: *WHO Monographs on the Evaluation of the Health Risks of Chemicals*. Vol. 88. Lyon, France: World Health Organization, International Agency for Research on Cancer, 2002.

No Notes.

Slide 17 of 64

Unmute Start Video Participants 121 Q&A Polls Chat Share Screen Pause/Stop Recording More End

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The screenshot shows a Zoom webinar interface. The main content is a presentation slide from a Microsoft PowerPoint window. The slide features a diagram on the left with the text: "The compass of research must extend from MOLECULES to MARKETS", "MULTISECTORALITY", and "MULTISECTORREALITY (Need for Transdisciplinary Research)". The main text on the slide reads: "If we don't create the future, the present extends itself" - Toni Morrison (Song of Solomon). A small logo for "PILDT" is visible in the bottom left corner of the slide. On the right side of the Zoom window, there is a video feed of a woman with the name "Dr. Aditi verma" below it. The bottom toolbar includes icons for Unmute, Start Video, Participants (95), Q&A (13), Polls, Chat, Share Screen, Pause/Stop Recording, More, and End.

Zoom Webinar

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This screenshot shows a Zoom webinar interface with a grid of participants at the top. The grid includes five video thumbnails: a man in a blue shirt, a man in a patterned shirt, a green square with the letter 'B', a man in a dark shirt, and a man in a light blue shirt. Below the grid is a large video feed of a man with glasses and a light blue shirt. The bottom toolbar is identical to the one in the first screenshot, showing Unmute, Start Video, Participants (89), Q&A (18), Polls, Chat, Share Screen, Pause/Stop Recording, More, and End.