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THE LINK BETWEEN USING VAPES AND TOOTH DECAY

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Vaping has become a popular alternative to traditional smoking in recent years, and many people use e-cigarettes as supposedly healthier and less harmful option. However, while vaping may be less harmful than smoking in some aspects, it still affects oral health and paves the way for tooth decay.

One of the main ways in which vapors contribute to tooth decay is the nicotine content. Nicotine is known to reduce saliva production causing dry mouth. Plaque bacteria accumulate in the mouth resulting in tooth decay and gum disease. In addition, flavors and chemicals contained in vapors are believed to contribute to plaque formation and tooth decay.

Another factor to consider is the way vaping is used. Unlike traditional cigarettes, smoked in one sitting, vapes are often used throughout the day constantly exposing the mouth to chemicals and flavors. Such prolonged exposure increases the likelihood of developing caries and other oral health problems.

In 2018, the "Science Advances" journal published the results of a study carried out by a research group from the New York University dealing with changes in the oral cavity microbiome produced by e-cigarettes. Scientists found out vaping to increase the number of inflammation-causing bacteria. In addition, the survey also linked using e-cigarettes with the risk of periodontitis.

E-cigarettes contain some chemicals present in regular cigarettes, such as nicotine and acetaldehyde. These substances affect oral microflora as they kill or weaken beneficial bacteria and give an advantage to pathogenic microorganisms.

Recent studies have also proved that e-cigarettes are able to change the composition of bacteria in the oral cavity and increase certain bacteria number associated with the development of cancer.

Various methods and tools are used to determine the electronic cigarettes effect on the teeth, including:

1. Measuring the acidity level in the oral cavity. Some studies show that electronic cigarettes might increase the acidity level in the oral cavity which can lead to the tooth enamel demineralization.
2. Plaque Composition Analysis. Plaque may be analyzed in the laboratory to identify changes in its composition caused by the electronic cigarettes use.

However, it should be noted that these methods cannot give a complete picture of the electronic cigarettes effect on dental health, and additional research is required to obtain more accurate information.

Electronic cigarettes have a harmful effect on oral health. Their use leads to various problems, such as dry mouth, damage to tooth enamel, gum disease, bad breath, the risk of developing oral cancer, as well as oral microbiome impairment. To solve these problems, it is necessary to avoid using electronic cigarettes. It is also strongly recommended to monitor your regular oral hygiene including brushing, flossing and cleaning the tongue and regular visits to the dentist. In addition, the electronic cigarettes use increases the risk of developing heart and lung diseases. This is due to the fact that e-cigarettes contain nicotine, which is a carcinogenic substance, as well as other chemicals such as acetaldehyde, acetone, formaldehyde, etc. A doctor should be consulted on possible methods to combat nicotine addiction and choosing the most appropriate way to achieve the quitting smoking goal.