

## JOINT EVENT

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**Non-cancerous effects of long-term tobacco use on the oral cavity: A case report**

Tobacco products contain a highly addictive psychoactive component known as nicotine. It can either be smoked, sucked, snuffed or chewed. Tobacco use is among the leading predisposing factors in a number of chronic illness and especially oral cancer. Oral changes range from soft tissue abnormalities to aggressive oral cancer. This includes melanosis, periodontal disease, nicotine stomatitis, black hairy tongue and dental caries. This is a case report of a 55 year old, immunocompromised patient and the non-cancerous oral manifestations associated with long term tobacco use. A 55 year old patient presented in the clinic as a referral from the comprehensive care unit, which specializes in physical, emotional and mental care of patients with HIV, in Kilifi District Hospital. She has reported difficulty in eating and generalized pain on the gums and teeth. Extraoral examination revealed a frail looking and undernourished elderly lady. Her hair was thin and scanty. There was nicotine and tar staining on her fingernails. Intraoral examination showed extensive pigmentation of the buccal mucosa, soft and hard palate and the tongue. The dorsum of the tongue had a black, hairy carpet-like lesion that was painless. There were multiple dental caries, especially on the molar teeth. Generalized moderate periodontal disease associated with inflammation of the gingiva and abrasion was also noted. Tobacco cessation is paramount in the management of tobacco-related oral abnormalities. In majority of cases, some of the manifestations are pre-cancerous. Even with cessation, it can take years to reverse effects of tobacco use, especially where gingival recession and periodontal disease is concerned. Therefore advocacy on tobacco ban and strict regulations in tobacco consumption is a key in the significant reduction of tobacco-related oral conditions.

**Biography**

Lucy Kaluvu has completed her Bachelor's degree in Dental Surgery from the University of Nairobi and is currently pursuing her Master's in Public Health at the Royal Tropical Institute (KIT) in Amsterdam, The Netherlands. She has a keen interest in clinical research, epidemiology and community health. She has participated in various health conferences and has published case reports with the *International Dental Journal* and The Institute of Knowledge Management (TIKM).

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